

Cinnamon

Cinnamomum verum J.Presl

Nutritional Composition

Values per 100 g edible portion.

Nutrient	Amount
Energy	356 kcal (1,512 kJ)
Water	9.4 g
Protein	3.6 g
Fat	3.5 g
Carbohydrates	79.6 g
Ash	3.9 g
Calcium	1,200 mg
Copper	0.49 mg
Iron	7.1 mg
Magnesium	87 mg
Manganese	41.0 mg
Phosphorus	50 mg
Potassium	550 mg
Sodium	23 mg
Zinc	0.9 mg
Iodine	6 µg
Selenium	3 µg
Chromium	14 µg
Molybdenum	3 µg
Beta-carotene equivalents	6 µg
Vitamin A, retinol activity equivalents	1 µg
Thiamine (Vitamin B1)	0.08 mg
Riboflavin (Vitamin B2)	0.14 mg
Niacin	1.3 mg
Biotin	1.4 µg
Vitamin C	Trace

Source: Ministry of Education, Culture, Sports, Science and Technology, Japan. Standard Tables of Food Composition in Japan, Eighth Revised Edition, Supplement 2023. Food No. 17067, Cinnamon, ground. The entry identifies the food as *Cinnamomum verum*.

Note: Some nutrient values were estimated from U.S. food-composition data.