

Basic Report 02044, Basil, fresh

Report Date: March 17, 2018 12:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	5.0 leaves 2.5g	2.0 tbsp, chopped 5.3g	0.25 cup leaves, whole 6g
Proximates					
Water	g	92.06	2.30	4.88	5.52
Energy	kcal	23	1	1	1
Protein	g	3.15	0.08	0.17	0.19
Total lipid (fat)	g	0.64	0.02	0.03	0.04
Carbohydrate, by difference	g	2.65	0.07	0.14	0.16
Fiber, total dietary	g	1.6	0.0	0.1	0.1
Sugars, total	g	0.30	0.01	0.02	0.02
Minerals					
Calcium, Ca	mg	177	4	9	11
Iron, Fe	mg	3.17	0.08	0.17	0.19
Magnesium, Mg	mg	64	2	3	4
Phosphorus, P	mg	56	1	3	3
Potassium, K	mg	295	7	16	18
Sodium, Na	mg	4	0	0	0
Zinc, Zn	mg	0.81	0.02	0.04	0.05
Vitamins					
Vitamin C, total ascorbic acid	mg	18.0	0.5	1.0	1.1
Thiamin	mg	0.034	0.001	0.002	0.002
Riboflavin	mg	0.076	0.002	0.004	0.005
Niacin	mg	0.902	0.023	0.048	0.054
Vitamin B-6	mg	0.155	0.004	0.008	0.009
Folate, DFE	µg	68	2	4	4
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	264	7	14	16
Vitamin A, IU	IU	5275	132	280	316
Vitamin E (alpha-tocopherol)	mg	0.80	0.02	0.04	0.05

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	414.8	10.4	22.0	24.9
Lipids					
Fatty acids, total saturated	g	0.041	0.001	0.002	0.002
Fatty acids, total monounsaturated	g	0.088	0.002	0.005	0.005
Fatty acids, total polyunsaturated	g	0.389	0.010	0.021	0.023
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0