

Spices, cinnamon, ground

Refuse: 0%

Scientific Name: *Cinnamomum aromaticum*

Common Name: *Cassia*

NDB No: 02010 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error	1.00 X 1 tsp ----- 2.6g
Proximates					
Water	g	10.58	9	0.863	0.28
Energy	kcal	247	0	0.000	6
Energy	kJ	1035	0	0.000	27
Protein	g	3.99	5	0.073	0.10
Total lipid (fat)	g	1.24	6	0.373	0.03
Ash	g	3.60	5	0.187	0.09
Carbohydrate, by difference	g	80.59	0	0.000	2.10
Fiber, total dietary	g	53.1	9	1.217	1.4
Sugars, total	g	2.17	1	0.000	0.06
Sucrose	g	0.02	1	0.000	0.00
Glucose (dextrose)	g	1.04	1	0.000	0.03
Fructose	g	1.11	1	0.000	0.03
Lactose	g	0.00	1	0.000	0.00
Maltose	g	0.00	1	0.000	0.00
Galactose	g	0.00	1	0.000	0.00
Minerals					
Calcium, Ca	mg	1002	6	38.625	26

Iron, Fe	mg	8.32	5	0.787	0.22
Magnesium, Mg	mg	60	5	7.551	2
Phosphorus, P	mg	64	6	4.360	2
Potassium, K	mg	431	6	44.892	11
Sodium, Na	mg	10	6	3.358	0
Zinc, Zn	mg	1.83	6	0.228	0.05
Copper, Cu	mg	0.339	5	0.021	0.009
Manganese, Mn	mg	17.466	5	0.659	0.454
Selenium, Se	mcg	3.1	2	0.000	0.1
Vitamins					
Vitamin C, total ascorbic acid	mg	3.8	3	2.930	0.1
Thiamin	mg	0.022	5	0.005	0.001
Riboflavin	mg	0.041	5	0.016	0.001
Niacin	mg	1.332	5	0.250	0.035
Pantothenic acid	mg	0.358	5	0.164	0.009
Vitamin B-6	mg	0.158	9	0.063	0.004
Folate, total	mcg	6	3	0.065	0
Folic acid	mcg	0	0	0.000	0
Folate, food	mcg	6	3	0.065	0
Folate, DFE	mcg_DF E	6	0	0.000	0
Choline, total	mg	11.0	0	0.000	0.3
Betaine	mg	3.9	1	0.000	0.1
Vitamin B-12	mcg	0.00	0	0.000	0.00
Vitamin B-12, added	mcg	0.00	0	0.000	0.00

Vitamin A, RAE	mcg_RA E	15	0	0.000	0
Retinol	mcg	0	0	0.000	0
Carotene, beta	mcg	112	5	90.994	3
Carotene, alpha	mcg	1	3	0.933	0
Cryptoxanthin, beta	mcg	129	3	129.000	3
Vitamin A, IU	IU	295	0	0.000	8
Lycopene	mcg	15	3	14.600	0
Lutein + zeaxanthin	mcg	222	3	197.968	6
Vitamin E (alpha-tocopherol)	mg	2.32	1	0.000	0.06
Vitamin E, added	mg	0.00	0	0.000	0.00
Tocopherol, beta	mg	0.00	1	0.000	0.00
Tocopherol, gamma	mg	10.44	1	0.000	0.27
Tocopherol, delta	mg	0.26	1	0.000	0.01
Vitamin D (D2 + D3)	mcg	0.0	0	0.000	0.0
Vitamin D	IU	0	0	0.000	0
Vitamin K (phylloquinone)	mcg	31.2	1	0.000	0.8
Lipids					
Fatty acids, total saturated	g	0.345	0	0.000	0.009
4:0	g	0.000	1	0.000	0.000
6:0	g	0.000	1	0.000	0.000
8:0	g	0.000	1	0.000	0.000
10:0	g	0.003	1	0.000	0.000
12:0	g	0.006	1	0.000	0.000
13:0	g	0.000	1	0.000	0.000

14:0	g	0.009	1	0.000	0.000
15:0	g	0.000	1	0.000	0.000
16:0	g	0.104	1	0.000	0.003
17:0	g	0.136	1	0.000	0.004
18:0	g	0.082	1	0.000	0.002
20:0	g	0.000	1	0.000	0.000
22:0	g	0.000	1	0.000	0.000
24:0	g	0.000	1	0.000	0.000
Fatty acids, total monounsaturated	g	0.246	0	0.000	0.006
14:1	g	0.000	1	0.000	0.000
15:1	g	0.000	1	0.000	0.000
16:1 undifferentiated	g	0.001	1	0.000	0.000
17:1	g	0.000	1	0.000	0.000
18:1 undifferentiated	g	0.246	0	0.000	0.006
18:1 c	g	0.246	1	0.000	0.006
18:1 t	g	0.000	1	0.000	0.000
20:1	g	0.000	1	0.000	0.000
22:1 undifferentiated	g	0.000	1	0.000	0.000
24:1 c	g	0.000	1	0.000	0.000
Fatty acids, total polyunsaturated	g	0.068	0	0.000	0.002
18:2 undifferentiated	g	0.044	1	0.000	0.001
18:3 undifferentiated	g	0.011	0	0.000	0.000
18:3 n-3 c,c,c (ALA)	g	0.011	1	0.000	0.000
18:3 n-6 c,c,c	g	0.000	1	0.000	0.000

18:4	g	0.000	0	0.000	0.000
20:2 n-6 c,c	g	0.000	1	0.000	0.000
20:3 undifferentiated	g	0.000	1	0.000	0.000
20:4 undifferentiated	g	0.000	1	0.000	0.000
20:5 n-3 (EPA)	g	0.000	1	0.000	0.000
22:5 n-3 (DPA)	g	0.000	0	0.000	0.000
22:6 n-3 (DHA)	g	0.000	1	0.000	0.000
Fatty acids, total trans	g	0.000	0	0.000	0.000
Fatty acids, total trans-monoenoic	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0.000	0
Phytosterols	mg	26	0	0.000	1
Amino acids					
Tryptophan	g	0.049	0	0.000	0.001
Threonine	g	0.136	0	0.000	0.004
Isoleucine	g	0.146	0	0.000	0.004
Leucine	g	0.253	0	0.000	0.007
Lysine	g	0.243	0	0.000	0.006
Methionine	g	0.078	0	0.000	0.002
Cystine	g	0.058	0	0.000	0.002
Phenylalanine	g	0.146	0	0.000	0.004
Tyrosine	g	0.136	0	0.000	0.004
Valine	g	0.224	0	0.000	0.006
Arginine	g	0.166	0	0.000	0.004
Histidine	g	0.117	0	0.000	0.003

Alanine	g	0.166	0	0.000	0.004
Aspartic acid	g	0.438	0	0.000	0.011
Glutamic acid	g	0.370	0	0.000	0.010
Glycine	g	0.195	0	0.000	0.005
Proline	g	0.419	0	0.000	0.011
Serine	g	0.195	0	0.000	0.005
Hydroxyproline	g	0.000	1	0.000	0.000
Other					
Alcohol, ethyl	g	0.0	0	0.000	0.0
Caffeine	mg	0	0	0.000	0
Theobromine	mg	0	0	0.000	0

USDA National Nutrient Database for Standard Reference, Release 23 (2010)