

## Spices, turmeric, ground

Refuse: 0%

Scientific Name: *Curcuma longa* L.

NDB No: 02043 (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 ----- 2.2g
<b>Proximates</b>					
Water	g	11.36	48	0.399	0.25
Energy	kcal	354	0	0.000	8
Energy	kJ	1481	0	0.000	33
Protein	g	7.83	15	0.437	0.17
Total lipid (fat)	g	9.88	16	1.253	0.22
Ash	g	6.02	54	0.139	0.13
Carbohydrate, by difference	g	64.93	0	0.000	1.43
Fiber, total dietary	g	21.1	0	0.000	0.5
Sugars, total	g	3.21	1	0.000	0.07
Sucrose	g	2.38	1	0.000	0.05
Glucose (dextrose)	g	0.38	1	0.000	0.01
Fructose	g	0.45	1	0.000	0.01
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
<b>Minerals</b>					
Calcium, Ca	mg	183	6	26.138	4

Iron, Fe	mg	41.42	5	6.900	0.91
Magnesium, Mg	mg	193	3	13.334	4
Phosphorus, P	mg	268	5	10.666	6
Potassium, K	mg	2525	4	103.079	56
Sodium, Na	mg	38	5	10.646	1
Zinc, Zn	mg	4.35	6	0.754	0.10
Copper, Cu	mg	0.603	0	0.000	0.013
Manganese, Mn	mg	7.833	0	0.000	0.172
Selenium, Se	mcg	4.5	4	0.600	0.1
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	25.9	2	0.000	0.6
Thiamin	mg	0.152	4	0.055	0.003
Riboflavin	mg	0.233	3	0.034	0.005
Niacin	mg	5.140	3	0.711	0.113
Vitamin B-6	mg	1.800	0	0.000	0.040
Folate, total	mcg	39	0	0.000	1
Folic acid	mcg	0	0	0.000	0
Folate, food	mcg	39	0	0.000	1
Folate, DFE	mcg_DF E	39	0	0.000	1
Choline, total	mg	49.2	0	0.000	1.1
Betaine	mg	9.7	1	0.000	0.2
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	0	1	0.000	0

	E				
Retinol	mcg	0	0	0.000	0
Carotene, beta	mcg	0	1	0.000	0
Carotene, alpha	mcg	0	1	0.000	0
Cryptoxanthin, beta	mcg	0	1	0.000	0
Vitamin A, IU	IU	0	1	0.000	0
Lycopene	mcg	0	1	0.000	0
Lutein + zeaxanthin	mcg	0	1	0.000	0
Vitamin E (alpha-tocopherol)	mg	3.10	1	0.000	0.07
Vitamin E, added	mg	0.00	0	0.000	0.00
Tocopherol, beta	mg	0.12	1	0.000	0.00
Tocopherol, gamma	mg	0.47	1	0.000	0.01
Tocopherol, delta	mg	0.00	1	0.000	0.00
Vitamin D (D2 + D3)	mcg	0.0	0	0.000	0.0
Vitamin D	IU	0	0	0.000	0
Vitamin K (phylloquinone)	mcg	13.4	1	0.000	0.3
<b>Lipids</b>					
Fatty acids, total saturated	g	3.120	0	0.000	0.069
4:0	g	0.000	0	0.000	0.000
6:0	g	0.000	0	0.000	0.000
8:0	g	0.100	0	0.000	0.002
10:0	g	0.299	0	0.000	0.007
12:0	g	0.548	0	0.000	0.012
14:0	g	0.249	0	0.000	0.005

16:0	g	1.693	0	0.000	0.037
18:0	g	0.232	0	0.000	0.005
Fatty acids, total monounsaturated	g	1.660	0	0.000	0.037
16:1 undifferentiated	g	0.000	0	0.000	0.000
18:1 undifferentiated	g	1.660	0	0.000	0.037
20:1	g	0.000	0	0.000	0.000
22:1 undifferentiated	g	0.000	0	0.000	0.000
Fatty acids, total polyunsaturated	g	2.180	0	0.000	0.048
18:2 undifferentiated	g	1.694	0	0.000	0.037
18:3 undifferentiated	g	0.482	0	0.000	0.011
18:4	g	0.000	0	0.000	0.000
20:4 undifferentiated	g	0.000	0	0.000	0.000
20:5 n-3 (EPA)	g	0.000	0	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	0	0.000	0.000
Cholesterol	mg	0	0	0.000	0
Phytosterols	mg	82	0	0.000	2
<b>Other</b>					
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)