

# NUTRIENTS IN SPICES

Spices in red indicate there are large amounts of that nutrient in that particular spice. All data compiled from: Nutrition Data (<http://nutritiondata.self.com/>)

Edible

## VITAMINS

### Vitamin A

*Black pepper, Cayenne, Chili, Cloves, Ginger, Mustard seed, Turmeric, Sage, Thyme, Cumin, Dill, Allspice, Fennel, Fenugreek, Basil, Marjoram, Oregano, Rosemary, Peppermint, Curry, Paprika, Nutmeg, Tarragon, Caraway Seed, Anise, Chives, Savory, Saffron, Parsley, Chervil*

### B1 – Thiamine

*Mustard seed*

### B2 – Riboflavin

*Chili, Paprika*

### B3 – Niacin

*Black pepper, Cayenne, Cinnamon, Chili, Ginger, Mustard seed, Turmeric, Sage Cumin, Coriander, Dill, Allspice, Fennel, Fenugreek, Marjoram, Oregano, Peppermint, Curry, Garlic, Paprika, Nutmeg, Anise, Caraway Seed, Savory, Parsley, Chervil*

### B5 – Pantothenic Acid

*Paprika, Anise*

### B6 – Pyridoxine

*Cayenne, Chili, Turmeric, Sage, Dill, Fenugreek, Rosemary, Curry, Garlic, Paprika, Savory*

### B7 – Biotin

### B9 – Folic acid

*Black pepper, Cayenne, Cinnamon, Chili, Ginger, Mustard seed, Turmeric, Sage, Thyme, Cumin, Allspice, Fenugreek, Basil, Marjoram, Oregano, Rosemary, Peppermint, Curry, Garlic, Paprika, Nutmeg, Tarragon, Anise, Saffron, Parsley, Caraway Seed, Chives, Chervil*

Wild Food

B12 – Cobalamins (none)

B17 – Laetrile (none)

Vitamin C

*Black pepper, Cayenne, Cinnamon, Chili, Cloves, Ginger, Mustard seed, Turmeric, Sage, Thyme, Cumin, Coriander, Dill, Allspice, Fennel, Fenugreek, Basil, Marjoram, Oregano, Rosemary, Peppermint, Curry, Garlic, Paprika, Nutmeg, Tarragon, Caraway Seed, Anise, Chives, Savory, Saffron, Parsley, Chervil*

Vitamin E

*Cayenne, Cinnamon, Chili, Ginger, Mustard seed, Turmeric, Sage, Thyme, Cumin, Oregano, Curry, Garlic, Paprika, Caraway Seed, Parsley*

Vitamin K

*Black pepper, Cayenne, Cinnamon, Chili, Mustard seed, Turmeric, Sage, Thyme, Cumin, Basil, Marjoram, Oregano, Curry, Paprika, Chives, Parsley*

Choline

*Black pepper, Cayenne, Cinnamon, Chili, Ginger, Mustard seed, Turmeric, Sage, Thyme, Cumin, Basil, Marjoram, Oregano, Curry, Garlic, Paprika, Nutmeg, Caraway Seed, Chives, Parsley*

Betaine

*Black pepper, Cinnamon, Chili, Ginger, Mustard seed, Turmeric, Basil, Oregano, Curry, Garlic, Paprika*

## **MINERALS**

Calcium

*Black pepper, Cayenne, Cinnamon, Chili, Cloves, Ginger, Mustard seed, Turmeric, Sage, Thyme, Cumin, Coriander, Dill, Allspice, Fennel, Basil, Marjoram, Oregano, Paprika, Rosemary, Peppermint, Garlic, Curry, Salt, Nutmeg, Tarragon, Anise, Cardamom, Chives, Savory, Saffron, Parsley, Chervil*

Copper

*Black pepper, Ginger, Cumin, Fennel, Fenugreek, Curry, Salt, Nutmeg, Anise, Cardamom*

Fluoride

*Black pepper, salt*

## Iron

*Black pepper, Cayenne, Cinnamon, Chili, Ginger, Mustard seed, Turmeric, Sage, Thyme, Cumin, Coriander, Dill, Allspice, Fennel, Fenugreek, Basil, Marjoram, Oregano, Rosemary, Peppermint, Curry, Garlic, Paprika, Salt, Nutmeg, Cardamom, Tarragon, Anise, Savory, Saffron, Parsley, Chervil*

## Magnesium

*Black pepper, Cayenne, Cinnamon, Chili, Cloves, Ginger, Mustard seed, Turmeric, Sage, Thyme, Cumin, Coriander, Dill, Allspice, Fennel, Fenugreek, Basil, Marjoram, Oregano, Rosemary, Peppermint, Curry, Garlic, Paprika, Salt, Nutmeg, Tarragon, Anise, Chives, Savory, Saffron, Parsley, Caraway Seeds, Chervil*

## Manganese

*Black pepper, Cayenne, Cinnamon, Chili, Ginger, Mustard seed, Turmeric, Sage, Thyme, Cumin, Coriander, Dill, Allspice, Fennel, Fenugreek, Anise, Marjoram, Rosemary, Curry, Paprika, Salt, Nutmeg, Caraway Seed, Savory, Saffron, Parsley*

## Phosphorus

*Black pepper, Cayenne, Chili, Cinnamon, Ginger, Mustard seed, Turmeric, Sage, Thyme, Cumin, Coriander, Dill, Allspice, Fennel, Fenugreek, Basil, Marjoram, Oregano, Rosemary, Peppermint, Curry, Garlic, Paprika, Nutmeg, Savory, Chives, Caraway Seed, Tarragon, Anise, Saffron, Parsley, Chervil*

## Potassium

*Black pepper, Cayenne, Cinnamon, Chili, Cloves, Ginger, Turmeric, Sage, Thyme, Cumin, Coriander, Dill, Allspice, Fennel, Fenugreek, Basil, Marjoram, Oregano, Rosemary, Peppermint, Curry, Garlic, Paprika, Nutmeg, Savory, Chives, Caraway Seed, Tarragon, Anise, Saffron, Parsley, Chervil*

## Selenium

*Black pepper, Cayenne, Chili, Cinnamon, Ginger, Mustard seed, Turmeric, Sage, Thyme, Cumin, Coriander, Allspice, Fenugreek, Marjoram, Oregano, Rosemary, Curry, Garlic, Paprika, Salt, Nutmeg, Anise, Caraway Seed, Savory, Saffron, Parsley, Chervil*

## Sodium

*Black pepper, Cayenne, Chili, Cinnamon, Ginger, Turmeric, Sage, Thyme, Cumin, Coriander, Dill, Allspice, Fennel, Fenugreek, Basil, Marjoram, Oregano, Rosemary, Peppermint, Curry, Garlic, Paprika, Nutmeg, Salt, Tarragon, Caraway Seed, Chives, Savory, Anise, Saffron, Parsley, Chervil*

Zinc

*Black pepper, Cayenne, Chili, Cinnamon, Ginger, Turmeric, Sage, Thyme, Cumin, Coriander, Dill, Allspice, Fennel, Fenugreek, Marjoram, Rosemary, Curry, Garlic, Paprika, Salt, Nutmeg, Anise, Caraway Seed, Savory, Parsley, Chervil*

## **Fatty Acids**

Omega 3

*Black pepper, Cayenne, Chili, Cinnamon, Ginger, Mustard seed, Turmeric, Sage, Thyme, Cumin, Allspice, Basil, Marjoram, Oregano, Rosemary, Peppermint, Curry, Garlic, Paprika, Tarragon, Caraway Seed, Chives, Saffron*

Omega 6

*Black pepper, Cayenne, Chili, Cinnamon, Ginger, Turmeric, Sage, Thyme, Cumin, Coriander, Allspice, Fennel, Basil, Marjoram, Oregano, Rosemary, Peppermint, Curry, Garlic, Paprika, Nutmeg, Tarragon, Anise, Caraway Seed, Chives, Saffron, Parsley, Chervil*

## **Protein**

*Black pepper, Cayenne, Chili, Ginger, Mustard seed, Turmeric, Sage, Thyme, Cumin, Coriander, Dill, Allspice, Fennel, Fenugreek, Basil, Marjoram, Oregano, Rosemary, Peppermint, Curry, Garlic, Paprika, Nutmeg, Tarragon, Anise, Caraway Seed, Chives, Saffron, Parsley, Savory, Chervil*

## **Dietary Fibre**

*Black pepper, Cayenne, Chili, Turmeric, Sage, Thyme, Cumin, Coriander, Dill, Allspice, Fennel, Fenugreek, Basil, Marjoram, Oregano, Rosemary, Peppermint, Curry, Garlic, Paprika, Nutmeg, Anise, Caraway Seed, Tarragon, Chives, Saffron, Parsley, Savory, Chervil*

## **Sterols**

Cholesterol

None

Phytosterols

*Black pepper, Cayenne, Chili, Cinnamon, Ginger, Mustard seed, Turmeric, Sage, Thyme, Cumin, Coriander, Allspice, Fennel, Fenugreek, Basil, Marjoram, Oregano, Rosemary, Peppermint, Curry, Garlic, Paprika, Nutmeg, Tarragon, Caraway Seed, Chives, Savory*