

\*\* Nutrition Units for Fat, Carbs, Protein, Sugar, Fiber are Grams; Vit A, Vit D, Vit E are IU; Sodium, Cholesterol, Iron, Calcium, Vit C, Magnesium, Potassium, Zinc, Omega-3 are Milligrams;

## spices/herbs

**Allspice Quantity: 1 Tbsp 5g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
16	0	3	0	0	1	5	0	0	40	50	2	0	0	63	8	0	4

**Basil, dried leaves Quantity: 1 Tbsp 2g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
5	0	1	0	0	1	1	0	1	42	188	1	0	0	69	8	0	30

**Bay Leaf Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
5	0	1	0	0	0	0	0	1	15	108	1	0	0	9	2	0	18

**Black Pepper Quantity: 1 Tbsp 6g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
16	0	4	0	0	2	3	0	2	27	19	1	0	0	79	12	0	10

**Caraway seed Quantity: 1 Tbsp 6g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
22	1	3	1	0	2	1	0	1	45	24	1	0	0	88	17	0	10

**Chili powder, ground Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
24	1	4	1	1	3	76	0	1	21	2224	5	0	3	144	13	0	55

**Cilantro Quantity: 1 Tbsp 2g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
5	0	1	0	0	0	4	0	1	22	102	10	0	0	78	12	0	0

**Cinnamon, ground Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
19	0	5	0	0	0	1	0	1	78	23	0	0	0	33	5	0	1

**Cloves, ground Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
21	1	2	0	0	2	16	0	1	42	34	5	0	1	72	17	0	278

**Cumin, seed Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
22	1	3	1	0	1	10	0	4	60	100	1	0	0	107	22	0	11

**Dill weed, dried Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
8	0	2	1	0	0	6	0	1	54	176	2	0	0	99	14	0	0

**Fennel Seed Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	1	3	1	0	2	5	0	1	69	8	1	0	0	97	22	0	0

**Ginger, ground Quantity: 1 Tbsp 5g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
18	0	3	0	0	1	2	0	1	16	8	0	0	1	71	10	0	15

**Lemon grass (citronella), raw Quantity: 1 Tbsp 5g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
5	0	1	0	0	0	0	0	0	3	0	0	0	0	34	3	0	2

**Marjoram, dried Quantity: 1 Tbsp 2g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
4	0	1	0	0	1	1	0	1	30	121	1	0	0	23	5	0	49

**Mustard Seed, yellow Quantity: 1 Tbsp 11g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
52	3	4	3	1	2	1	0	1	57	7	0	0	0	75	33	1	295

**Nutmeg, ground Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
37	2	3	0	2	1	1	0	0	13	7	0	0	0	25	13	0	0

**Oregano, dried Quantity: 1 tsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
5	0	1	0	0	1	0	0	1	28	121	1	0	0	29	5	0	73

**Paprika Quantity: 1 Tbsp 7g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	1	4	1	1	3	2	0	2	10	3550	5	0	3	158	12	0	61

**Parsley Quantity: 1 Tbsp 2g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
4	0	1	0	0	0	7	0	2	22	153	2	0	0	57	4	0	0

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### spices/herbs (continued)

**Red Pepper Flakes (cayenne) Quantity: 1 Tbsp 5g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
17	1	3	1	1	1	2	0	0	8	2185	4	0	2	106	8	0	35

**Rosemary, dried Quantity: 1 Tbsp 3g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
11	0	2	0	0	1	2	0	1	42	102	2	0	0	31	7	0	35

**Sage, ground Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
6	0	1	0	0	1	0	0	1	33	118	1	0	0	21	9	0	25

**Salt, coarse kosher Quantity: 1 tsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
0	0	0	0	0	0	1120	0	0	0	0	0	0	0	0	0	0	0

**Salt, sea salt Quantity: 1 tsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
0	0	0	0	0	0	1872	0	0	0	0	0	0	0	0	0	0	0

**Tarragon, ground Quantity: 1 Tbsp 5g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
14	0	2	1	0	0	3	0	2	54	199	2	0	0	143	17	0	140

**Thyme, ground Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
12	0	3	0	0	2	2	0	5	80	162	2	0	0	35	9	0	29

**Turmeric, ground Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
24	1	4	0	0	1	3	0	3	12	0	2	0	0	170	13	0	33

### cocoa, coffee, tea

**Cocoa, Hershey's unsweetened Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
12	1	3	1	0	2	1	0	1	7	0	0	0	0	80	26	0	0

**Cocoa, Hershey's unsweetened dark Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
10	0	3	1	0	2	65	0	2	0	0	0	0	0	4	25	0	0

**Coffee, instant 47mg caffeine Quantity: 3/4 cup 179g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
4	0	1	0	0	0	7	0	0	7	0	0	0	0	54	7	0	0

**Tea, Chamomile organic 0mg caffeine Quantity: 1 cup brewed**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
2	0	1	0	0	0	2	0	0	5	47	0	0	0	21	2	0	0

**Tea, Earl Grey (black) organic 47mg caffeine Quantity: 1 cup brewed**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
2	0	1	0	0	0	0	0	0	0	0	0	0	0	50	2	0	0

**Tea, Green organic 30mg caffeine Quantity: 1 bag 2g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
0	0	0	0	0	0	0	0	0	2	20	5	0	0	21	1	0	0

**Tea, Oolong (black & green) organic 30mg caffeine Quantity: 1 bag 2g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
0	0	0	0	0	0	0	0	0	2	20	0	0	0	20	1	0	0

**Tea, Rooibos organic 0mg caffeine Quantity: 1 bag 2g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
0	0	0	0	0	0	6	0	0	1	0	0	0	0	7	0	0	0

**Tea, White (peony) organic 20mg caffeine Quantity: 1 bag 2g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
0	0	0	0	0	0	0	0	0	2	20	0	0	0	9	1	0	0