

	kcal /100g	kJ /100g	protein mg/100g	carbohydrate mg/100g	Mmonosaccharides MS mg/100g)	Disaccharides DS mg/100g	Sugar mg/100g	Glycose mg/100g	Fructose mg/100g	Saccharose mg/100g	Fat mg/100g	Saturated fatty acids mg/100g	Cholesterol	Fiber mg/100g	Minerals mg/100g	Sodium mg/100g	Organic acids mg/100g
Anis	357	1496	17600	35400	32214	1416	33630	17700	14514	1416	15900	876	0	14600	6956	16	500
Basil	267	1120	14000	43000	34400	8170	42570	17200	17200	8170	4000	736	0	17800	15076	34	220
Caraway	362	1515	19800	37300	0	7460	7460	0	0	7460	14600	616	0	12700	5874	17	330
Cardamom	336	1405	10800	57200	52052	2288	54340	28600	23452	2288	6700	369	0	11290	5776	18	65
Cassia	272	1137	3900	56000	44800	10640	55440	22400	22400	10640	3200	878	0	24350	3551	26	40
Celery leaves dried	258	1082	12001	44548	35638	8464	44102	17819	17819	8464	2186	402	0	21800	10418	891	3055
Celery powder	264	1105	12254	45494	36395	8644	45039	18198	18198	8644	2232	410	0	22260	10641	910	3119
Chilli (Cayennepfeffer)	329	1378	12000	32000	29120	1280	30400	16000	13120	1280	16998	3224	0	24900	6006	30	85
Chives dried	183	766	23365	10857	8480	2016	10496	4237	4243	2016	4366	632	0	41820	9928	21	1745
Cloves	414	1732	6000	52000	41600	9880	51480	20800	20800	9880	20100	6094	0	9620	5879	240	210
Coriander	313	1311	12400	25900	23569	1036	24605	12950	10619	1036	17800	980	0	29120	6023	35	100
Cumin	408	1708	17800	34000	0	6800	6800	0	0	6800	22270	940	0	10500	7616	150	300
Dill	293	1228	19900	42200	33760	8018	41778	16880	16880	8018	4400	810	0	13600	12571	208	760
Fennel*	25	103	24300	28400	24700	370	28400	13300	11400	370	300	70	0	41900	720	86	N.A.
Fenugreek	347	1453	23000	48300	2415	21735	24150	2415	0	21735	6399	738	0	10000	3029	67	300
Garlic dried	350	1465	16707	68426	56365	14091	70456	24661	31704	14091	305	62	0	5106	3391	38	522
Ginger	304	1272	7400	60000	48000	11400	59400	24000	24000	11400	3300	956	0	5910	4775	34	300
Juniperberries	362	1515	19800	37300	0	7460	7460	0	0	7460	14600	616	0	12700	5874	17	330
Laurel leaves	303	1267	7600	48600	38880	9234	48114	19440	19440	9234	8400	2296	0	26320	3617	23	80
Lovage leaves*	262	1097	23000	36000			23000				2100	300		22000		140	N.A.
Macis	500	2092	6701	45700	36560	8683	45243	18280	18280	8683	32400	9824	0	4800	2960	80	155
Majoram	287	1202	12700	42500	34000	8075	42075	17000	17000	8075	7000	1288	0	18110	12115	77	330

Mustard powder	347	1453	23000	48300	2415	21735	24150	2415	0	21735	6399	738	0	10000	3029	67	300
Mustard seed yellow	475	1987	24940	28400	1420	12780	14200	1420	0	12780	28800	1515	0	6550	4511	5	1100
Nutmeg	527	2207	5800	45000	2250	20250	22500	2250	0	20250	36300	25939	0	4020	2341	16	45
Onion dried	326	1364	13649	58749	32182	12795	44977	19257	12925	12795	2796	688	0	18881	5318	87	2275
Onion powder	329	1378	13799	59374	32524	12930	45454	19462	13062	12930	2756	695	0	19089	5378	88	2298
Oregano	338	1414	11000	49500	39600	9405	49005	19800	19800	9405	10300	1895	0	14960	7149	15	300
Paprika sweet	317	1326	14800	34900	31759	1396	33155	17450	14309	1396	13000	2106	0	20900	7013	34	40
Parsley	243	1016	20120	33134	23361	0	23361	14376	8985	0	2333	287	0	22033	9740	166	1847
Pepper black	285	1192	10900	52000	47320	2080	49400	26000	21320	2080	3300	860	0	13130	4330	44	16
Pepper green	116	485	3744	23148	21065	926	21991	11574	9491	926	756	197	0	1562	572	2	4
Pepper white	322	1348	10400	64300	58513	2572	61085	32150	26363	2572	2100	547	0	4340	1590	5	10
Allspice	308	1290	6100	50500	45955	2020	47975	25250	20705	2020	8700	3062	0	21640	4654	77	480
Rosemary	343	1437	4900	46400	37120	8816	45936	18560	18560	8816	15200	2797	0	17650	6525	50	180
Saffron	349	1460	11400	61500	49200	11685	60885	24600	24600	11685	5900	1789	0	3900	5446	150	150
Thyme	287	1203	9100	45300	36240	8607	44847	18120	18120	8607	7400	3701	0	18630	11733	55	330

Quelle: Deutscher Gewürzverband 2009  
Quelle: \* Website: Nährwertrechner & NutritionDataSelf

all indications without obligations