



# Dried Oregano

FOOD.BRAND

FOOD.CATEGORY

Dried Oregano

## Nutrients

<b>CALORIES</b>	306 kcal (per 100g)
<b>PROTEIN</b>	11.0g (per 100g)
<b>FAT</b>	10.2g (per 100g)
<b>CARBOHYDRATES</b>	64.4g (per 100g)
<b>FIBER</b>	42.8g (per 100g)

David Janitzek Diets  
 Premium  
 Krumbacher Straße 26  
 86424 Dinkelscherben,  
 Germany  
 VAT ID: DE453108867

### Detailed Nutrient List

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 SWIFT (BIC): DEUTDE33



<b>IRON</b>	44 mg
<b>ZINC</b>	4.43 mg
<b>FIBER</b>	42.8 g
<b>SODIUM</b>	15 mg
<b>VITAMIN B3 (NIACIN)</b>	6.22 mg
<b>PROTEIN</b>	11 g
<b>CALCIUM</b>	1576 mg
<b>VITAMIN B1 (THIAMIN)</b>	0.34 mg
<b>MAGNESIUM</b>	270 mg
<b>POTASSIUM</b>	1669 mg
<b>VITAMIN E</b>	18.86 mg
<b>VITAMIN C (ASCORBIC ACID)</b>	50 mg
<b>VITAMIN K</b>	621.7 µg
<b>VITAMIN A</b>	6903 µg
<b>VITAMIN B6 (PYRIDOXINE)</b>	1.21 mg
<b>VITAMIN B9 (FOLATE)</b>	274 µg
<b>VITAMIN B5 (PANTOTHENIC ACID)</b>	0.92 mg
<b>VITAMIN B2 (RIBOFLAVIN)</b>	0.32 mg
<b>CARBOHYDRATE</b>	64.43 g
<b>CAROTENE BETA</b>	4112 mg
<b>ENERGY</b>	306 kJ
<b>WATER</b>	9.9 g
<b>ASH</b>	4.42 g

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 32.1 g



<b>SUGAR</b>	4.09 g
<b>FATTY SATURATED</b>	1.55 g
<b>FATTY MONOUNSATURATED</b>	1.4 g
<b>FATTY POLYUNSATURATED</b>	5.3 g
<b>OMEGA 3</b>	1.36 g
<b>OMEGA 6</b>	3.94 g
<b>CHOLESTEROL</b>	0 mg
<b>VITAMIN D</b>	0 µg
<b>VITAMIN B12 (COBALAMIN)</b>	0 µg
<b>PHOSPHORUS</b>	148 mg
<b>SALT</b>	0.04 g
<b>COPPER</b>	0.63 mg
<b>MANGANESE</b>	4.99 mg
<b>SELENIUM</b>	4.5 µg
<b>LUTEIN + ZEAXANTHIN</b>	13.6 mg
<b>BETA-CRYPTOXANTHIN</b>	0.15 µg
<b>FATTY TRANS</b>	0 g
<b>TOTAL CARBOHYDRATES</b>	64.43 g
<b>STARCH</b>	56.25 g
<b>GLUCOSE</b>	1.2 g
<b>FRUCTOSE</b>	1.1 g
<b>SUCROSE</b>	0.9 g
<b>GLICEMIC INDEX</b>	5 µg

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 120 mg



<b>CHROMIUM</b>	0.03 µg
<b>MOLYBDENUM</b>	0.1 µg
<b>BORON</b>	3.2 mg
<b>NICKEL</b>	0.03 mg
<b>COBALT</b>	0.002 µg
<b>FLUORIDE</b>	0.02 mg
<b>IODINE</b>	0.005 µg
<b>SULFUR</b>	170 mg
<b>VITAMIN B4 (CHOLINE)</b>	40 mg
<b>WITAMINE B8 (INOSITOL)</b>	50 mg
<b>BETA-GLUCAN</b>	0.2 g
<b>LIGNIN</b>	10 g
<b>PHYTOSTEROLS</b>	50 mg
<b>OXALIC ACID</b>	120 mg
<b>CAROTENE ALPHA</b>	0.02 µg
<b>LYCOPENE</b>	0.05 µg
<b>ZEAXANTHIN</b>	0.3 µg
<b>TOTAL SUGAR ALCOHOLS</b>	0 g
<b>PROTEIN PLANT</b>	11 g
<b>PROTEIN ANIMAL</b>	0 g
<b>COMPLETE PROTEIN</b>	0 g
<b>TRYPTOPHAN</b>	0.15 g
<b>THREONINE</b>	0.4 g

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0.75 g



<b>LYSINE</b>	0.55 g
<b>METHIONINE</b>	0.15 g
<b>CYSTEINE</b>	0.12 g
<b>PHENYLALANINE</b>	0.45 g
<b>TYROSINE</b>	0.25 g
<b>VALINE</b>	0.55 g
<b>ARGININE</b>	0.65 g
<b>HISTIDINE</b>	0.22 g
<b>ALANINE</b>	0.5 g
<b>ASPARTIC ACID</b>	1.05 g
<b>GLUTAMIC ACID</b>	1.6 g
<b>GLYCINE</b>	0.5 g
<b>PROLINE</b>	0.45 g
<b>SERINE</b>	0.45 g

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