



Food ID: D300

Food name and Description: Basil, sweet, fresh

Scientific name: *Ocimum basilicum*

Alternate/Common name(s): -

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	87.3
Energy, calculated (kcal)	46
Protein (g)	3.3
Total Fat (g)	0.6
Carbohydrate, total (g)	6.9
Ash, total (g)	1.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5
Sugars, total (g)	1.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	269
Phosphorus, P (mg)	90
Iron, Fe (mg)	1.4
Potassium, K (mg)	500
Sodium, Na (mg)	13
Zinc, Zn (mg)	0.9

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	4593
Retinol Activity Equivalent, RAE (µg)	383
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.04
Fatty acids, monounsaturated, total (g)	0.08

Fatty acids, polyunsaturated, total(g)	0.36
Cholesterol (mg)	0