



**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