

**Food ID:** D303**Food name and Description:** Thyme, fresh**Scientific name:** *Thymus vulgaris***Alternate/Common name(s):** N/A**Edible portion:** 63%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	70.2
Energy, calculated (kcal)	118
Protein (g)	5.3
Total Fat (g)	1.9
Carbohydrate, total (g)	20
Ash, total (g)	2.6

**Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	14.6
Sugars, total (g)	1.3

**Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	311
Phosphorus, P (mg)	91
Iron, Fe (mg)	19.9
Potassium, K (mg)	783
Sodium, Na (mg)	30
Zinc, Zn (mg)	2.2

**Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	6142
Retinol Activity Equivalent, RAE (µg)	512
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.4
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	0

**Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.53
Fatty acids, monounsaturated, total (g)	0.09

Fatty acids, polyunsaturated, total(g)	0.6
Cholesterol (mg)	0