

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 15:52:30