



BASIL LEAVES NUTRITION FACTS



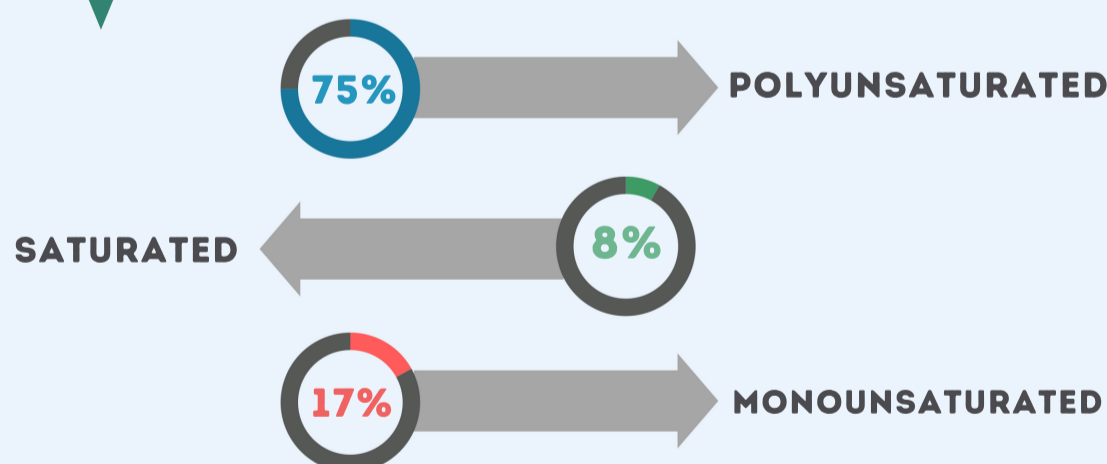
CALORIES 23/100GM

	AMOUNT
CARBOHYDRATE	2.65 G
FAT	0.64 G
PROTEIN	3.15 G
CHOLESTEROL	0.00
FIBER	1.6 MG
RIBOFLAVIN	0.076 MG
SODIUM, NA	4 MG
THIAMIN	0.034 MG

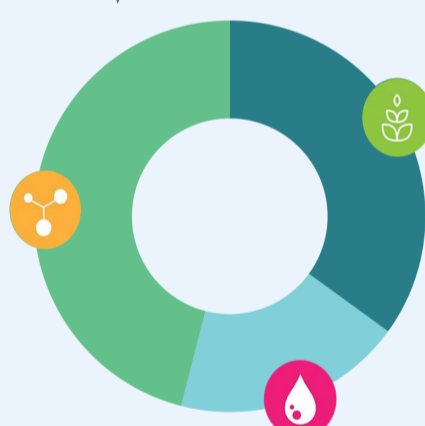
	AMOUNT
NIACIN	0.902 MG
VITAMIN A	264 MCG
VITAMIN B12	0.00
VITAMIN B6	0.155 MG
VITAMIN C	18 MG
VITAMIN D	0.00
FOLATE	68 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



- CARBOHYDRATE 35%
- FAT 19%
- PROTEIN 46%

BASIL LEAVES OTHER NAMES

- ALBAHACA
- BASILIC
- BASILIC GRAND
- BASILICI HERBA
- COMMON BASIL
- KRISHNA TULSI
- VISVA TULSI
- SURASA

MINERALS IN BASIL LEAVES

177 MG	CALCIUM, CA	14 % (DV)
0.385 MG	COPPER, CU	43 % (DV)
3.17 MG	IRON, FE	18 % (DV)
64 MG	MAGNESIUM, MG	16 % (DV)
0.3 MCG	SELENIUM, SE	1 % (DV)
56 MG	PHOSPHORUS, P	8 % (DV)
295 MG	POTASSIUM, K	6 % (DV)
0.81 MG	ZINC, ZN	7 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.