

Parsley, freeze-dried

Portion: 100g

Name	Amount	Unit
Water	2	g
Energy	271	kcal
Energy	1134	kJ
Protein	31.3	g
Total lipid (fat)	5.2	g
Ash	19.12	g
Carbohydrate, by difference	42.38	g
Fiber, total dietary	32.7	g
Calcium, Ca	176	mg
Iron, Fe	53.9	mg
Magnesium, Mg	372	mg
Phosphorus, P	548	mg
Potassium, K	6300	mg
Sodium, Na	391	mg
Zinc, Zn	6.11	mg
Copper, Cu	0.459	mg
Manganese, Mn	1.338	mg
Selenium, Se	32.3	µg
Vitamin C, total ascorbic acid	149	mg
Thiamin	1.04	mg
Riboflavin	2.26	mg
Niacin	10.4	mg
Pantothenic acid	2.516	mg
Vitamin B-6	1.375	mg
Folate, total	194	µg
Folate, food	194	µg
Folate, DFE	194	µg
Vitamin A, IU	63240	IU
Tryptophan	0.516	g
Lysine	3.115	g
Methionine	0.21	g

"Parsley, freeze-dried." *FoodData Central*, 1 Apr. 2019, U.S.D.A., *Agricultural Research Service*, fdc.nal.usda.gov/index.html. Accessed 26 Feb. 2020.

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