

Group K

Condiments, Spices and Herbs

Since ancient time condiments, spices and herbs are considered as treasures and are inseparable from diet due to their artistic value of flavor and aroma. They are rich in antioxidants and low in calories, fat and sodium, making them a very healthy food group. Sri Lanka being one of the countries with a wide variety of finest spices, our population use this food group frequently when preparing day to day meals.

SLFCT contains a total of 19 condiments, spices and herbs commonly consumed in Sri Lanka.



SLK001



SCIENTIFIC NAME: *Elettaria cardamomum*
 ENGLISH NAME: Cardamom
 SINHALA NAME: එතකාල්
 TAMIL NAME: ஏலக்காய்

SLK002



SCIENTIFIC NAME: *Capsicum annum*
 ENGLISH NAME: Chillies, dark green, short
 SINHALA NAME: අලුමිරිස්, දේශීය
 TAMIL NAME: பச்சை மிளகாய் (கடும் பச்சை)

SLK003



SCIENTIFIC NAME: *Capsicum annum*
 ENGLISH NAME: Chillies, yellowish green, long
 SINHALA NAME: අලුමිරිස්, වැරදිය
 TAMIL NAME: பச்சை மிளகாய் (இளம் பச்சை)

SLK004



SCIENTIFIC NAME: *Capsicum annum*
 ENGLISH NAME: Chillies, red, dry
 SINHALA NAME: වියළි මිරිස්
 TAMIL NAME: செத்தல் மிளகாய்

SLK005



SCIENTIFIC NAME: *Syzygium aromaticum*
 ENGLISH NAME: Cloves
 SINHALA NAME: කරාලු නැටි
 TAMIL NAME: கராம்பு

SLK006



SCIENTIFIC NAME: *Coriandrum sativum*
 ENGLISH NAME: Coriander seeds
 SINHALA NAME: කොත්තමල්ලි
 TAMIL NAME: கொத்துமல்லி விதைகள்

SLK007



SCIENTIFIC NAME: *Coriandrum sativum*
 ENGLISH NAME: Coriander, leaves
 SINHALA NAME: කොත්තමිල්ලි කොළ
 TAMIL NAME: கொத்தமல்லி இலைகள்

SLK008



SCIENTIFIC NAME: *Cuminum cyminum*
 ENGLISH NAME: Cumin seeds
 SINHALA NAME: සුද්දරු
 TAMIL NAME: நஞ்சீரகம்

SLK009



SCIENTIFIC NAME: *Murraya koenigii*
 ENGLISH NAME: Curry leaves
 SINHALA NAME: කරවිලා
 TAMIL NAME: கறிவேப்பிலை

SLK010



SCIENTIFIC NAME: *Trigonella foenum graecum*
 ENGLISH NAME: Fenugreek seeds
 SINHALA NAME: උලුකාල්
 TAMIL NAME: வெந்தயம்

SLK011



SCIENTIFIC NAME: *Allium sativum*
 ENGLISH NAME: Garlic
 SINHALA NAME: සිද්දු
 TAMIL NAME: உள்ளி (பூண்டு)

SLK012



SCIENTIFIC NAME: *Zingiber officinale*
 ENGLISH NAME: Ginger fresh, large
 SINHALA NAME: ඉඛරු හයිමිඩ
 TAMIL NAME: இஞ்சி(பெரிது)

SLK013



SCIENTIFIC NAME: *Curcuma amada*
ENGLISH NAME: Ginger fresh, small
SINHALA NAME: ඉඟුරු, දේශීය
TAMIL NAME: இஞ்சி(சிறிது)

SLK014



SCIENTIFIC NAME: *Mentha spicata*
ENGLISH NAME: Mint leaves
SINHALA NAME: මින්චි
TAMIL NAME: புதினா இலைகள்

SLK015



SCIENTIFIC NAME: *Myristica fragrans*
ENGLISH NAME: Nutmeg
SINHALA NAME: සාදිකා
TAMIL NAME: ஜாதிக்காய்

SLK016



SCIENTIFIC NAME: *Allium cepa*
ENGLISH NAME: Onion, big
SINHALA NAME: බි ලෑනු
TAMIL NAME: பெரிய வெங்காயம்

SLK017



SCIENTIFIC NAME: *Allium cepa*
ENGLISH NAME: Onion, small, shallots
SINHALA NAME: රතු ලෑනු
TAMIL NAME: சிறிய வெங்காயம்

SLK018



SCIENTIFIC NAME: *Piper nigrum*
ENGLISH NAME: Pepper, black
SINHALA NAME: ගමමිලි
TAMIL NAME: மிளகு

SLK019



SCIENTIFIC NAME	<i>Curcuma domestica</i>
ENGLISH NAME:	Turmeric powder
SINHALA NAME:	කහ කුඬු
TAMIL NAME:	மஞ்சள் தூள்

Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRES

(All values are expressed per 100g edible portion)

Food code	Food Name	Energy		Moisture	Protein	Total Fat	Carbohyd -rate	Total Dietary Fibre	Soluble Dietary Fibre	Insoluble Dietary Fibre	Ash
		ENERC	ENERC								
		kcal	kJ								
SLK001	Cardamom (<i>Elettaria cardamomum</i>)	260	1088	10.54	8.25	2.75	48.59	23.10	2.56	20.54	6.78
SLK002	Chillies, dark green, short (<i>Capsicum annuum</i>)	39	164	86.54	2.28	0.76	5.25	4.24	0.95	3.29	0.94
SLK003	Chillies, yellowish green, long (<i>Capsicum annuum</i>)	44	186	84.85	2.21	0.75	6.26	5.09	1.84	3.25	0.85
SLK004	Chillies, red, dry (<i>Capsicum annuum</i>)	233	978	15.04	12.68	6.41	28.73	31.17	4.59	26.58	5.97
SLK005	Cloves (<i>Syzygium aromaticum</i>)	187	786	25.99	6.04	8.45	18.73	34.88	6.59	28.29	5.92
SLK006	Coriander seeds (<i>Coriandrum sativum</i>)	257	1077	9.48	10.38	17.21	10.43	46.96	10.74	36.21	5.54
SLK007	Coriander, leaves (<i>Coriandrum sativum</i>)	31	131	87.09	3.27	0.71	2.25	4.54	1.36	3.18	2.14
SLK008	Cumin seeds (<i>Cuminum cyminum</i>)	298	1248	11.53	13.43	16.66	21.46	30.99	4.77	26.22	5.93
SLK009	Curry leaves (<i>Murraya koenigii</i>)	58	243	65.34	7.19	1.04	3.01	18.27	3.88	14.39	5.15
SLK010	Fenugreek seeds (<i>Trigonella foenum graecum</i>)	235	986	8.14	25.05	5.73	11.05	46.93	20.05	26.88	3.10
SLK011	Garlic (<i>Allium sativum</i>)	122	513	64.51	6.76	0.14	21.75	5.53	2.91	2.62	1.31
SLK012	Ginger fresh, large (<i>Zingiber officinale</i>)	56	235	81.45	2.23	0.81	9.43	4.60	0.82	3.79	1.48
SLK013	Ginger fresh, small (<i>Curcuma amada</i>)	41	175	84.43	1.22	0.67	7.08	5.00	1.19	3.81	1.61
SLK014	Mint leaves (<i>Mentha spicata</i>)	37	156	83.71	4.72	0.70	2.32	6.09	1.35	4.74	2.47
SLK015	Nutmeg (<i>Myristica fragrans</i>)	466	1952	15.18	6.08	36.55	28.54	11.66	1.40	10.26	1.99
SLK016	Onion, big (<i>Allium cepa</i>)	48	205	85.41	1.67	0.24	9.54	2.66	0.68	1.98	0.49
SLK017	Onion, small, shallots (<i>Allium cepa</i>)	55	232	84.79	2.13	0.15	11.05	1.20	0.39	0.81	0.69
SLK018	Pepper, black (<i>Piper nigrum</i>)	218	915	12.94	10.17	2.76	36.35	33.11	2.69	30.41	4.68
SLK019	Turmeric powder (<i>Curcuma domestica</i>)	281	1178	10.14	7.46	5.04	49.65	21.76	2.63	19.13	5.95

Table 2. FAT SOLUBLE VITAMINS

(All values are expressed per 100g edible portion; NA indicates component not available from reference sources)

Food code	Food Name	Vitamin D (D2 - ergocalciferol)										Vitamin E (α-tocopherol equivalents - TE)				α - Tocopherols				β - Tocopherols				γ - Tocopherols				δ - Tocopherols				α - Tocotrienols				γ - Tocotrienols					
		VITA	ERGAL	VITK	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG	VITA	ERGAL	VITK	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG	VITA	ERGAL	VITK	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG	VITA	ERGAL	VITK	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG
SLK001	Cardamom (<i>Elettaria cardamomum</i>)	3.95	40.25	7.01	0.78	0.14	1.12	NA	NA	0.65	NA	3.95	40.25	7.01	0.78	0.14	1.12	NA	NA	0.65	NA	3.95	40.25	7.01	0.78	0.14	1.12	NA	NA	0.65	NA	3.95	40.25	7.01	0.78	0.14	1.12	NA	NA	0.65	NA
SLK002	Chillies, dark green, short (<i>Capsicum annuum</i>)	38.16	4.29	23.28	0.24	0.06	NA	1.85	NA	NA	NA	38.16	4.29	23.28	0.24	0.06	NA	1.85	NA	NA	NA	38.16	4.29	23.28	0.24	0.06	NA	1.85	NA	NA	NA	38.16	4.29	23.28	0.24	0.06	NA	1.85	NA	NA	NA
SLK003	Chillies, yellowish green, long (<i>Capsicum annuum</i>)	32.16	3.10	23.85	0.26	0.05	NA	2.12	NA	NA	NA	32.16	3.10	23.85	0.26	0.05	NA	2.12	NA	NA	NA	32.16	3.10	23.85	0.26	0.05	NA	2.12	NA	NA	NA	32.16	3.10	23.85	0.26	0.05	NA	2.12	NA	NA	NA
SLK004	Chillies, red, dry (<i>Capsicum annuum</i>)	437	26.67	279	1.18	0.79	NA	3.98	NA	NA	NA	437	26.67	279	1.18	0.79	NA	3.98	NA	NA	NA	437	26.67	279	1.18	0.79	NA	3.98	NA	NA	NA	437	26.67	279	1.18	0.79	NA	3.98	NA	NA	NA
SLK005	Cloves (<i>Syzygium aromaticum</i>)	13.00	41.95	192	0.72	0.42	0.75	NA	NA	0.01	NA	13.00	41.95	192	0.72	0.42	0.75	NA	NA	0.01	NA	13.00	41.95	192	0.72	0.42	0.75	NA	NA	0.01	NA	13.00	41.95	192	0.72	0.42	0.75	NA	NA	0.01	NA
SLK006	Coriander seeds (<i>Coriandrum sativum</i>)	23.50	1.30	32.70	0.96	0.85	NA	NA	NA	0.35	0.45	23.50	1.30	32.70	0.96	0.85	NA	NA	NA	0.35	0.45	23.50	1.30	32.70	0.96	0.85	NA	NA	NA	0.35	0.45	23.50	1.30	32.70	0.96	0.85	NA	NA	0.35	0.45	
SLK007	Coriander, leaves (<i>Coriandrum sativum</i>)	586	3.78	276	0.41	0.38	NA	NA	NA	0.12	0.08	586	3.78	276	0.41	0.38	NA	NA	NA	0.12	0.08	586	3.78	276	0.41	0.38	NA	NA	NA	0.12	0.08	586	3.78	276	0.41	0.38	NA	NA	0.12	0.08	
SLK008	Cumin seeds (<i>Cuminum cyminum</i>)	12.52	12.14	148	1.46	1.46	NA	NA	NA	NA	NA	12.52	12.14	148	1.46	1.46	NA	NA	NA	NA	NA	12.52	12.14	148	1.46	1.46	NA	NA	NA	NA	NA	12.52	12.14	148	1.46	1.46	NA	NA	NA	NA	
SLK009	Curry leaves (<i>Murraya koenigii</i>)	1389	125	268	1.90	1.78	NA	NA	0.70	0.43	NA	1389	125	268	1.90	1.78	NA	NA	0.70	0.43	NA	1389	125	268	1.90	1.78	NA	NA	0.70	0.43	NA	1389	125	268	1.90	1.78	NA	NA	0.70	0.43	
SLK010	Fenugreek seeds (<i>Trigonella foenum graecum</i>)	23.83	2.00	1.67	0.02	0.02	NA	NA	NA	0.02	NA	23.83	2.00	1.67	0.02	0.02	NA	NA	NA	0.02	NA	23.83	2.00	1.67	0.02	0.02	NA	NA	NA	0.02	NA	23.83	2.00	1.67	0.02	0.02	NA	NA	0.02	NA	
SLK011	Garlic (<i>Allium sativum</i>)	NA	1.76	2.02	0.05	0.05	NA	NA	NA	NA	NA	NA	1.76	2.02	0.05	0.05	NA	NA	NA	NA	NA	NA	1.76	2.02	0.05	0.05	NA	NA	NA	NA	NA	NA	1.76	2.02	0.05	0.05	NA	NA	NA	NA	
SLK012	Ginger fresh, large (<i>Zingiber officinale</i>)	15.02	4.04	28.56	0.35	0.32	NA	0.39	NA	NA	NA	15.02	4.04	28.56	0.35	0.32	NA	0.39	NA	NA	NA	15.02	4.04	28.56	0.35	0.32	NA	0.39	NA	NA	NA	15.02	4.04	28.56	0.35	0.32	NA	0.39	NA	NA	
SLK013	Ginger fresh, small (<i>Curcuma amada</i>)	10.59	3.22	26.92	NA	NA	NA	NA	NA	NA	NA	10.59	3.22	26.92	NA	NA	NA	NA	NA	NA	NA	10.59	3.22	26.92	NA	NA	NA	NA	NA	NA	NA	10.59	3.22	26.92	NA	NA	NA	NA	NA	NA	
SLK014	Mint leaves (<i>Mentha spicata</i>)	672	3.28	184	0.46	0.46	NA	0.06	NA	NA	NA	672	3.28	184	0.46	0.46	NA	0.06	NA	NA	NA	672	3.28	184	0.46	0.46	NA	0.06	NA	NA	NA	672	3.28	184	0.46	0.46	NA	0.06	NA	NA	
SLK015	Nutmeg (<i>Myristica fragrans</i>)	2.63	47.08	61.15	1.25	1.23	NA	NA	NA	0.09	NA	2.63	47.08	61.15	1.25	1.23	NA	NA	NA	0.09	NA	2.63	47.08	61.15	1.25	1.23	NA	NA	NA	0.09	NA	2.63	47.08	61.15	1.25	1.23	NA	NA	0.09	NA	
SLK016	Onion, big (<i>Allium cepa</i>)	0.16	0.53	5.35	0.05	0.05	NA	NA	NA	NA	NA	0.16	0.53	5.35	0.05	0.05	NA	NA	NA	NA	NA	0.16	0.53	5.35	0.05	0.05	NA	NA	NA	NA	NA	0.16	0.53	5.35	0.05	0.05	NA	NA	NA	NA	
SLK017	Onion, small, shallots (<i>Allium cepa</i>)	0.18	0.16	6.79	0.05	0.05	NA	NA	NA	NA	NA	0.18	0.16	6.79	0.05	0.05	NA	NA	NA	NA	NA	0.18	0.16	6.79	0.05	0.05	NA	NA	NA	NA	NA	0.18	0.16	6.79	0.05	0.05	NA	NA	NA	NA	
SLK018	Pepper, black (<i>Piper nigrum</i>)	157	25.02	186	1.47	0.72	1.75	0.50	NA	0.02	NA	157	25.02	186	1.47	0.72	1.75	0.50	NA	0.02	NA	157	25.02	186	1.47	0.72	1.75	0.50	NA	0.02	NA	157	25.02	186	1.47	0.72	1.75	0.50	NA	0.02	
SLK019	Turmeric powder (<i>Curcuma domestica</i>)	9.13	16.47	13.85	3.13	2.86	0.28	NA	NA	0.53	NA	9.13	16.47	13.85	3.13	2.86	0.28	NA	NA	0.53	NA	9.13	16.47	13.85	3.13	2.86	0.28	NA	NA	0.53	NA	9.13	16.47	13.85	3.13	2.86	0.28	NA	0.53	NA	

Table 3. WATER SOLUBLE VITAMINS

(All values are expressed per 100g edible portion; NA indicates component not available from reference sources)

Food code	Food Name	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic acid (B5)		Total vitamin (B6)		Total Folate (B9)		Total Ascorbic Acid	
		THIA	RIBF	NIA	PANTAC	VITB6C	FOLSUM	VITC							
		mg	mg	mg	mg	mg	µg	mg							
SLK001	Cardamom (<i>Elettaria cardamomum</i>)	0.12	0.06	0.95	0.22	0.14	3.41	NA							
SLK002	Chillies, dark green, short (<i>Capsicum annuum</i>)	0.08	0.08	1.11	0.24	0.25	21.29	98.61							
SLK003	Chillies, yellowish green, long (<i>Capsicum annuum</i>)	0.07	0.06	0.84	0.20	0.23	19.03	105							
SLK004	Chillies, red, dry (<i>Capsicum annuum</i>)	0.49	0.84	6.64	0.72	0.42	46.83	NA							
SLK005	Cloves (<i>Syzygium aromaticum</i>)	0.63	0.24	1.01	0.36	0.03	34.83	NA							
SLK006	Coriander seeds (<i>Coriandrum sativum</i>)	0.18	0.27	1.33	0.28	0.04	24.23	NA							
SLK007	Coriander, leaves (<i>Coriandrum sativum</i>)	0.09	0.05	0.75	0.68	0.19	53.40	29.71							
SLK008	Cumin seeds (<i>Cuminum cyminum</i>)	0.49	0.12	3.01	0.21	0.39	23.52	NA							
SLK009	Curry leaves (<i>Murraya koenigii</i>)	0.09	0.13	0.75	0.52	0.51	142	4.33							
SLK010	Fenugreek seeds (<i>Trigonella foenum graecum</i>)	0.26	0.11	1.05	0.29	0.88	47.27	NA							
SLK011	Garlic (<i>Allium sativum</i>)	0.21	0.23	0.33	1.85	0.64	58.03	13.16							
SLK012	Ginger fresh, large (<i>Zingiber officinale</i>)	0.03	0.05	0.36	0.24	0.19	10.80	4.91							
SLK013	Ginger fresh, small (<i>Curcuma amada</i>)	0.02	0.07	0.45	0.27	0.18	22.08	1.33							
SLK014	Mint leaves (<i>Mentha spicata</i>)	0.02	0.23	0.81	0.35	0.20	103	19.39							
SLK015	Nutmeg (<i>Myristica fragrans</i>)	0.07	0.06	0.50	0.39	0.10	72.42	NA							
SLK016	Onion, big (<i>Allium cepa</i>)	0.04	0.01	0.42	0.32	0.10	32.99	7.58							
SLK017	Onion, small, shallots (<i>Allium cepa</i>)	0.09	0.02	0.22	0.13	0.13	30.15	14.26							
SLK018	Pepper, black (<i>Piper nigrum</i>)	0.06	0.07	0.85	0.27	0.27	24.17	NA							
SLK019	Turmeric powder (<i>Curcuma domestica</i>)	0.05	0.01	1.58	0.11	0.13	14.31	NA							

Table 4. MAJOR MINERALS

(All values are expressed per 100g edible portion)

Food code	Food Name	Calcium		Phosphorus		Magnesium		Sodium		Potassium	
		CA		P		MG		NA		K	
		mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLK001	Cardamom (<i>Elettaria cardamomum</i>)	329		135		259		14.78		1251	
SLK002	Chillies, dark green, short (<i>Capsicum annuum</i>)	20.25		59.83		36.91		2.94		379	
SLK003	Chillies, yellowish green, long (<i>Capsicum annuum</i>)	15.36		49.55		29.99		2.59		317	
SLK004	Chillies, red, dry (<i>Capsicum annuum</i>)	107		345		231		22.45		2184	
SLK005	Cloves (<i>Syzygium aromaticum</i>)	466		113		378		193		1402	
SLK006	Coriander seeds (<i>Coriandrum sativum</i>)	724		295		366		34.01		1413	
SLK007	Coriander, leaves (<i>Coriandrum sativum</i>)	142		43.30		49.97		46.50		373	
SLK008	Cumin seeds (<i>Cuminum cyminum</i>)	905		381		432		129		1993	
SLK009	Curry leaves (<i>Murraya koenigii</i>)	680		64.44		184		19.66		602	
SLK010	Fenugreek seeds (<i>Trigonella foenum graecum</i>)	146		632		211		40.12		881	
SLK011	Garlic (<i>Allium sativum</i>)	14.65		102		24.07		10.62		377	
SLK012	Ginger fresh, large (<i>Zingiber officinale</i>)	20.69		46.33		59.93		11.73		401	
SLK013	Ginger fresh, small (<i>Curcuma amada</i>)	11.53		73.48		29.62		5.81		381	
SLK014	Mint leaves (<i>Mentha spicata</i>)	222		91.58		153		12.41		535	
SLK015	Nutmeg (<i>Myristica fragrans</i>)	146		247		185		14.32		474	
SLK016	Onion, big (<i>Allium cepa</i>)	14.82		36.80		16.94		4.94		214	
SLK017	Onion, small, shallots (<i>Allium cepa</i>)	20.37		54.19		19.32		4.13		204	
SLK018	Pepper, black (<i>Piper nigrum</i>)	456		127		154		28.94		1768	
SLK019	Turmeric powder (<i>Curcuma domestica</i>)	110		296		238		26.01		2445	

Table 5. TRACE ELEMENTS AND HEAVY METALS

(All values are expressed per 100g edible portion; NA indicates component not available from reference sources)

Food code	Food Name	Nutrients																															
		Manganese				Copper		Zinc		Selenium		Cobalt		Molybdenum		Chromium		Nickel		Lithium		Aluminum		Lead		Mercury		Cadmium		Arsenic		Antimony	
		FE	MN	CU	ZN	SE	CO	MO	CR	NI	LI	AL	PB	HG	CD	AS	SB																
		mg	mg	mg	mg	μg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	μg	μg	
SLK001	Cardamom (<i>Elettaria cardamomum</i>)	9.16	39.20	0.75	3.37	10.00	0.044	0.003	0.287	0.334	0.001	8.47	0.01	NA	0.001	1.82	NA																
SLK002	Chillies, dark green, short (<i>Capsicum annuum</i>)	1.25	0.31	0.16	0.29	NA	0.002	NA	0.005	0.067	0.009	0.26	NA	NA	0.002	NA	NA																
SLK003	Chillies, yellowish green, long (<i>Capsicum annuum</i>)	1.27	0.21	0.12	0.24	NA	0.007	0.001	0.002	0.02	0.002	0.18	NA	NA	0.002	NA	NA																
SLK004	Chillies, red, dry (<i>Capsicum annuum</i>)	5.39	1.59	0.90	1.65	16.75	0.033	0.003	0.097	0.033	0.008	3.76	0.015	1.60	0.003	NA	0.33																
SLK005	Cloves (<i>Syzygium aromaticum</i>)	10.25	53.57	0.56	1.01	9.78	0.007	NA	0.085	0.058	0.004	5.88	0.055	NA	NA	4.79	1.69																
SLK006	Coriander seeds (<i>Coriandrum sativum</i>)	16.42	2.78	1.48	3.56	6.22	0.011	0.011	0.038	0.134	0.015	5.11	NA	NA	NA	NA	NA																
SLK007	Coriander, leaves (<i>Coriandrum sativum</i>)	7.87	0.62	0.21	0.49	0.32	0.003	0.011	0.04	0.037	0.007	1.95	0.001	NA	NA	NA	NA																
SLK008	Cumin seeds (<i>Cuminum cyminum</i>)	13.88	3.95	1.10	3.96	2.89	0.016	0.015	0.089	0.129	0.037	5.42	NA	NA	NA	NA	NA																
SLK009	Curry leaves (<i>Murraya koenigii</i>)	8.00	1.40	0.36	0.79	25.17	0.005	0.012	0.043	0.111	0.039	3.93	0.014	NA	0.002	6.00	0.56																
SLK010	Fenugreek seeds (<i>Trigonella foenum graecum</i>)	10.50	1.85	1.54	5.07	8.54	0.049	0.119	0.014	0.238	NA	1.41	0.015	NA	NA	2.69	NA																
SLK011	Garlic (<i>Allium sativum</i>)	0.63	0.22	0.13	0.66	0.42	0.001	NA	0.001	0.019	0.002	0.03	NA	NA	NA	NA	NA																
SLK012	Ginger fresh, large (<i>Zingiber officinale</i>)	2.85	3.60	0.17	0.28	NA	0.005	0.001	0.019	0.046	0.003	2.45	NA	NA	0.001	NA	NA																
SLK013	Ginger fresh, small (<i>Curcuma amada</i>)	3.78	0.93	0.10	0.32	NA	0.005	0.004	0.002	0.017	NA	NA	0.005	0.03	0.001	0.21	0.09																
SLK014	Mint leaves (<i>Mentha spicata</i>)	10.60	2.00	0.33	0.85	12.46	0.007	0.02	0.063	0.042	0.009	1.38	0.019	0.21	NA	5.26	NA																
SLK015	Nutmeg (<i>Myristica fragrans</i>)	2.09	3.54	1.11	1.31	1.59	0.001	0.002	0.002	0.199	NA	0.70	0.013	NA	NA	NA	NA																
SLK016	Onion, big (<i>Allium cepa</i>)	0.45	0.15	0.08	0.25	0.45	0.001	NA	0.001	0.005	NA	0.05	NA	NA	NA	NA	NA																
SLK017	Onion, small, shallots (<i>Allium cepa</i>)	0.31	0.13	0.09	0.28	1.00	0.003	0.003	0.001	0.005	NA	NA	NA	NA	NA	0.15	NA																
SLK018	Pepper, black (<i>Piper nigrum</i>)	8.60	5.82	1.52	0.95	12.23	0.005	0.007	0.091	0.289	0.001	7.05	0.037	NA	0.001	2.17	NA																
SLK019	Turmeric powder (<i>Curcuma domestica</i>)	46.00	6.91	0.45	2.52	5.28	0.051	NA	0.162	0.082	0.008	9.30	0.143	2.69	NA	1.74	NA																

Table 6. AMINO ACIDS

(All values are expressed per 100g of protein; NA indicates component not available from reference sources)

Food code	Food Name	Tryptophan		Aspartic Acid		Threonine		Serine		Glutamic Acid		Proline		Glycine		Alanine		Cysteine		Valine		Methionine		Isoleucine		Leucine		Tyrosine		Phenylalanine		Histidine		Lysine		Arginine	
		TRP	ASP	THR	SER	GLU	PRO	GLY	ALA	CYS	VAL	MET	ILE	LEU	TYR	PHE	HIS	LYS	ARG																		
		g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	
SLK001	Cardamom (<i>Elettaria cardamomum</i>)	1.02	11.93	3.69	6.48	19.82	3.30	6.46	7.27	0.82	2.98	1.17	2.28	7.03	1.75	3.00	2.14	2.85	8.50																		
SLK002	Chillies, dark green, short (<i>Capsicum annuum</i>)	0.82	17.90	3.93	4.04	19.98	3.05	3.46	5.63	1.50	4.81	1.38	3.66	5.08	2.74	3.75	1.83	3.86	5.71																		
SLK003	Chillies, yellowish green, long (<i>Capsicum annuum</i>)	0.96	16.75	3.73	4.73	19.82	2.73	4.76	4.64	1.50	4.74	0.95	3.55	5.29	2.90	5.17	1.72	4.24	5.06																		
SLK004	Chillies, red, dry (<i>Capsicum annuum</i>)	1.03	18.18	3.16	3.74	16.87	4.76	4.67	4.26	1.79	4.38	1.12	3.33	5.75	2.58	4.36	2.15	4.10	4.71																		
SLK005	Cloves (<i>Syzygium aromaticum</i>)	0.88	10.38	3.45	4.89	17.52	4.10	2.09	3.76	0.89	4.47	1.12	2.14	5.39	2.52	4.05	2.22	6.31	6.07																		
SLK006	Coriander seeds (<i>Coriandrum sativum</i>)	1.23	11.43	4.30	4.73	16.68	5.41	6.70	5.23	1.01	6.92	1.97	4.99	6.24	3.28	4.10	3.00	5.43	6.55																		
SLK007	Coriander, leaves (<i>Coriandrum sativum</i>)	1.01	12.39	4.12	3.71	12.72	4.25	5.69	6.16	0.69	6.83	1.37	4.57	6.93	3.18	5.63	1.99	4.93	5.30																		
SLK008	Cumin seeds (<i>Cuminum cyminum</i>)	0.96	8.83	4.00	4.96	21.27	4.55	7.51	5.33	1.02	5.33	1.19	4.53	6.42	3.02	4.23	2.88	4.97	7.08																		
SLK009	Curry leaves (<i>Murraya koenigii</i>)	1.59	14.88	4.11	6.06	11.01	6.51	6.32	8.17	0.69	3.97	0.46	3.95	6.68	2.89	4.00	1.77	3.79	4.42																		
SLK010	Fenugreek seeds (<i>Trigonella foenum graecum</i>)	1.19	10.38	2.81	4.89	17.52	4.10	4.09	3.76	1.69	3.47	1.24	4.44	5.59	2.52	4.05	2.22	6.31	9.07																		
SLK011	Garlic (<i>Allium sativum</i>)	0.59	9.58	3.11	3.34	17.93	3.04	3.26	3.92	2.17	4.54	0.80	2.56	4.61	3.46	3.62	1.30	4.20	14.14																		
SLK012	Ginger fresh, large (<i>Zingiber officinale</i>)	1.03	16.76	4.98	5.02	12.07	3.24	5.18	4.39	1.02	4.83	1.18	4.39	6.97	3.63	4.15	1.59	1.93	5.73																		
SLK013	Ginger fresh, small (<i>Curcuma amada</i>)	1.28	16.11	4.95	4.38	14.33	5.35	5.76	5.25	0.61	5.11	1.12	5.05	9.89	3.11	4.21	2.20	1.23	3.51																		
SLK014	Mint leaves (<i>Mentha spicata</i>)	1.15	13.23	4.16	4.33	15.46	4.06	4.75	5.26	0.65	5.51	1.50	4.12	7.89	3.14	4.84	1.69	2.89	4.84																		
SLK015	Nutmeg (<i>Myristica fragrans</i>)	0.94	10.86	3.39	6.71	16.63	5.47	5.61	6.68	0.72	3.44	1.03	2.24	5.50	2.66	4.31	1.63	3.74	7.60																		
SLK016	Onion, big (<i>Allium cepa</i>)	1.27	9.22	2.19	2.40	25.86	1.79	3.88	3.16	0.77	3.02	0.78	2.38	3.45	2.05	2.72	1.82	4.49	13.02																		
SLK017	Onion, small, shallots (<i>Allium cepa</i>)	0.72	9.48	3.18	2.34	26.49	2.81	6.12	5.25	1.07	3.93	1.98	3.53	4.02	2.02	3.90	1.60	2.53	12.29																		
SLK018	Pepper, black (<i>Piper nigrum</i>)	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA																		
SLK019	Turmeric powder (<i>Curcuma domestica</i>)	1.86	15.08	4.25	3.98	13.67	2.53	4.73	3.70	0.90	5.91	0.89	4.85	8.77	3.41	6.12	1.91	4.01	5.59																		

Table 7. FATTY ACIDS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit)

Food code	Food Name	Saturated Fatty Acids										Mono Unsaturated Fatty Acids						Poly Unsaturated Fatty Acids														
		Lauric (C12:0)		Myristic (C14:0)		Palmitic (C16:0)		Stearic (C18:0)		Arachidic (C20:0)		Behenic (C22:0)		Lignoceric (C24:0)		Total		Palmitoleic (C16:1n7)		Oleic (C18:1n9)		Eicosaenoic (C20:1n9)		Nervonic (C24:1n9)		Total		Linoleic (C18:2n6)		A-linolenic (C18:3n3)		
		FASAT	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1	F20D1	F24D1C	FAPU	F18D2	F18D3															
		mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg														
SLK001	Cardamom (Elettaria cardamomum)	638	-	-	571	67.49	-	-	-	975	38.03	937	-	-	587	416	171															
SLK002	Chillies, dark green, short (Capsicum annuum)	130	-	5.39	91.33	21.73	4.13	3.58	3.64	36.14	5.62	30.52	-	-	442	399	43.18															
+SLK003	Chillies, yellowish green, long (Capsicum annuum)	135	-	4.98	96.01	22.94	4.04	3.42	4.00	36.94	4.40	32.54	-	-	428	387	40.77															
SLK004	Chillies, red, dry (Capsicum annuum)	1092	-	61.80	836	143	20.93	16.17	14.18	615	20.37	541	6.92	46.78	3421	3258	163															
SLK005	Cloves (Syzygium aromaticum)	2707	-	-	2024	682	-	-	-	575	-	575	-	-	3478	2774	705															
SLK006	Coriander seeds (Coriandrum sativum)	941	-	73.24	603	140	27.33	64.32	33.64	10670	22.73	10608	39.05	-	2156	2114	41.60															
SLK007	Coriander, leaves (Coriandrum sativum)	234	-	17.95	148	49.57	3.10	7.93	7.90	9.43	-	8.61	0.82	-	314	153	161															
SLK008	Cumin seeds (Cuminum cyminum)	607	-	-	492	96.70	18.88	-	-	8404	34.50	8370	-	-	4316	4274	42.06															
SLK009	Curry leaves (Murraya koenigii)	251	-	-	221	30.60	-	-	-	43.83	-	43.83	-	-	537	135	402															
SLK010	Fenugreek seeds (Trigonella foenum graecum)	761	-	-	494	185	52.77	18.45	10.45	652	-	637	15.15	-	3175	2081	1094															
SLK011	Garlic (Allium sativum)	34.51	-	-	25.71	3.66	1.42	2.50	1.22	14.36	-	14.36	-	-	63.13	58.36	4.77															
SLK012	Ginger fresh, large (Zingiber officinale)	224	23.58	11.32	169	19.76	-	-	-	71.11	-	71.11	-	-	353	291	61.74															
SLK013	Ginger fresh, small (Curcuma amada)	167	-	-	139	28.54	-	-	-	48.77	-	48.77	-	-	320	239	80.94															
SLK014	Mint leaves (Mentha spicata)	119	-	2.16	99.00	17.60	-	-	-	12.72	-	12.72	-	-	332	61.81	270															
SLK015	Nutmeg (Myristica fragrans)	3262	768	-	2226	269	-	-	-	1732	36.28	1672	24.29	-	382	298	83.80															
SLK016	Onion, big (Allium cepa)	61.11	-	-	48.68	4.64	-	4.02	3.77	40.01	-	40.01	-	-	107	100	6.55															
SLK017	Onion, small, shallots (Allium cepa)	39.30	-	-	30.15	4.40	-	2.61	2.14	13.43	-	13.43	-	-	67.27	62.88	4.39															
SLK018	Pepper, black (Piper nigrum)	670	-	-	566	104	-	-	-	465	-	465	-	-	1072	813	260															
SLK019	Turmeric powder (Curcuma domestica)	1703	-	-	780	740	182	-	-	375	-	375	-	-	1954	1550	404															

Table 8. STARCH AND SUGARS

(All values are expressed per 100g edible portion; NA indicates component not available from reference sources)

Food code	Food Name	Available CHO	Free sugars				Oligosaccharides		Total Starch	
			Total free sugars		Fructose	Glucose	Sucrose	Raffinose		Stachyose
			g	g	g	g	g	g		
		g								STARCH g
SLK001	Cardamom (<i>Elettaria cardamomum</i>)	33.02	4.28	1.88	1.85	0.55	NA	NA	NA	28.74
SLK002	Chillies, dark green, short (<i>Capsicum annum</i>)	2.92	1.00	0.89	0.10	0.01	NA	NA	NA	1.92
SLK003	Chillies, yellowish green, long (<i>Capsicum annum</i>)	2.41	0.55	0.43	0.10	0.02	NA	NA	NA	1.86
SLK004	Chillies, red, dry (<i>Capsicum annum</i>)	8.75	4.33	2.12	1.98	0.23	NA	NA	NA	4.45
SLK005	Cloves (<i>Syzygium aromaticum</i>)	10.54	2.18	1.72	0.46	NA	NA	NA	NA	8.36
SLK006	Coriander seeds (<i>Coriandrum sativum</i>)	7.69	2.41	1.71	0.70	NA	0.37	NA	NA	5.28
SLK007	Coriander, leaves (<i>Coriandrum sativum</i>)	1.39	0.21	0.14	0.02	0.05	0.01	NA	NA	1.18
SLK008	Cumin seeds (<i>Cuminum cyminum</i>)	15.14	1.00	0.49	0.51	NA	0.51	NA	NA	14.14
SLK009	Curry leaves (<i>Murraya koenigii</i>)	3.51	0.62	0.44	0.18	NA	NA	NA	NA	2.94
SLK010	Fenugreek seeds (<i>Trigonella foenum graecum</i>)	4.10	0.52	0.31	0.11	0.09	0.57	1.40	0.21	3.58
SLK011	Garlic (<i>Allium sativum</i>)	20.59	4.90	1.50	1.11	2.29	0.24	0.21	0.21	15.69
SLK012	Ginger fresh, large (<i>Zingiber officinale</i>)	5.14	1.31	0.95	0.19	0.17	NA	NA	NA	3.83
SLK013	Ginger fresh, small (<i>Curcuma amada</i>)	4.13	2.35	1.11	0.77	0.47	NA	NA	NA	1.78
SLK014	Mint leaves (<i>Mentha spicata</i>)	1.11	0.06	0.01	0.05	NA	0.02	0.03	0.03	1.05
SLK015	Nutmeg (<i>Myristica fragrans</i>)	27.55	0.99	0.25	0.54	0.20	NA	NA	NA	26.56
SLK016	Onion, big (<i>Allium cepa</i>)	6.81	5.98	2.12	1.42	2.44	1.78	1.21	1.21	0.83
SLK017	Onion, small, shallots (<i>Allium cepa</i>)	6.88	5.99	1.27	1.75	2.97	0.10	NA	NA	0.89
SLK018	Pepper, black (<i>Piper nigrum</i>)	35.31	0.32	0.03	0.29	NA	NA	NA	NA	35.05
SLK019	Turmeric powder (<i>Curcuma domestica</i>)	43.98	1.20	NA	0.70	0.50	NA	NA	NA	42.78

Table 9. PHYTOSTEROLS

(All values are expressed per 100g edible portion)

Food code	Food Name	Campesterol	Stigmasterol	β-Sitosterol
		mg	STGSTR	mg
SLK001	Cardamom (<i>Elettaria cardamomum</i>)	3.47	2.19	46.93
SLK002	Chillies, dark green, short (<i>Capsicum annuum</i>)	3.78	0.98	15.70
SLK003	Chillies, yellowish green, long (<i>Capsicum annuum</i>)	3.86	0.93	15.50
SLK004	Chillies, red, dry (<i>Capsicum annuum</i>)	15.42	4.46	78.25
SLK005	Cloves (<i>Syzygium aromaticum</i>)	1.27	5.19	205
SLK006	Coriander seeds (<i>Coriandrum sativum</i>)	9.46	17.94	77.17
SLK007	Coriander, leaves (<i>Coriandrum sativum</i>)	0.73	9.10	17.11
SLK008	Cumin seeds (<i>Cuminum cyminum</i>)	9.77	33.16	102
SLK009	Curry leaves (<i>Murraya koenigii</i>)	10.58	0.73	72.04
SLK010	Fenugreek seeds (<i>Trigonella foenum graecum</i>)	11.72	6.37	124
SLK011	Garlic (<i>Allium sativum</i>)	1.36	0.30	12.75
SLK012	Ginger fresh, large (<i>Zingiber officinale</i>)	1.36	1.10	13.41
SLK013	Ginger fresh, small (<i>Curcuma amada</i>)	0.79	0.55	11.13
SLK014	Mint leaves (<i>Mentha spicata</i>)	1.76	2.43	35.82
SLK015	Nutmeg (<i>Myristica fragrans</i>)	6.12	9.17	95.72
SLK016	Onion, big (<i>Allium cepa</i>)	0.46	0.29	7.82
SLK017	Onion, small, shallots (<i>Allium cepa</i>)	0.78	0.47	7.70
SLK018	Pepper, black (<i>Piper nigrum</i>)	4.75	10.36	64.86
SLK019	Turmeric powder (<i>Curcuma domestica</i>)	5.15	7.30	64.73

Table 10. CAROTENES AND XANTHOPHYLS

(All values are expressed per 100g edible portion; NA indicates component not available from reference sources)

Food code	Food Name	Capsanthin	Lutein	Zeaxanthin	Lycopene	β - Cryptoxanthin		α - Carotene	
			LUTN	ZEA	LYCPN	CRYPXB	CARTA	CARTB	
		μg	μg	μg	μg	μg	μg	μg	
SLK001	Cardamom (<i>Elettaria cardamomum</i>)	NA	26.50	33.50	NA	NA	NA	23.75	
SLK002	Chillies, dark green, short (<i>Capsicum annuum</i>)	NA	356	31.56	NA	NA	NA	229	
SLK003	Chillies, yellowish green, long (<i>Capsicum annuum</i>)	NA	223	15.36	NA	NA	NA	193	
SLK004	Chillies, red, dry (<i>Capsicum annuum</i>)	27822	1972	3167	41.52	1326	NA	1964	
SLK005	Cloves (<i>Syzygium aromaticum</i>)	NA	15.70	1.27	NA	NA	9.21	73.42	
SLK006	Coriander seeds (<i>Coriandrum sativum</i>)	NA	197	8.12	NA	NA	NA	141	
SLK007	Coriander, leaves (<i>Coriandrum sativum</i>)	NA	5860	29.12	NA	NA	NA	3516	
SLK008	Cumin seeds (<i>Cuminum cyminum</i>)	NA	165	41.00	NA	NA	NA	75.12	
SLK009	Curry leaves (<i>Murraya koenigii</i>)	NA	2725	27.36	NA	NA	146	8262	
SLK010	Fenugreek seeds (<i>Trigonella foenum graecum</i>)	NA	617	211	NA	NA	NA	143	
SLK011	Garlic (<i>Allium sativum</i>)	NA	6.82	1.25	NA	NA	NA	NA	
SLK012	Ginger fresh, large (<i>Zingiber officinale</i>)	NA	19.40	3.66	NA	NA	NA	90.15	
SLK013	Ginger fresh, small (<i>Curcuma amada</i>)	NA	19.70	2.97	NA	NA	NA	63.54	
SLK014	Mint leaves (<i>Mentha spicata</i>)	NA	2076	276	NA	NA	NA	4032	
SLK015	Nutmeg (<i>Myristica fragrans</i>)	NA	4.33	1.14	NA	NA	NA	15.82	
SLK016	Onion, big (<i>Allium cepa</i>)	NA	2.12	2.52	NA	NA	NA	0.96	
SLK017	Onion, small, shallots (<i>Allium cepa</i>)	NA	16.00	1.68	NA	NA	NA	1.10	
SLK018	Pepper, black (<i>Piper nigrum</i>)	NA	615	152	NA	173	162	777	
SLK019	Turmeric powder (<i>Curcuma domestica</i>)	NA	121	4.33	NA	NA	NA	54.82	

Table 11. ORGANIC ACIDS, PHYTATES, TRYPSIN INHIBITOR

(All values are expressed per 100g edible portion; NA indicates component not available from reference sources)

Food code	Food Name	Oxalates		Trypsin Inhibitor Unit																	
				Tartaric Acid						Quinic Acid		Mallic Acid		Succinic Acid		Cis-Aconitic Acid		Fumaric Acid		Phytate	
				Soluble		Insoluble		mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
		mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg		
SLK001	Cardamom green (<i>Elettaria cardamomum</i>)	1840	1111	728	mg	NA	5.00	21.52	75.14	5.15	NA	0.81	714	15.89							
SLK002	Chillies, dark green, short (<i>Capsicum annum</i>)	NA	NA	NA	mg	12.82	NA	31.47	4.35	113	1.37	4.37	11.97	5.44							
SLK003	Chillies, yellowish green, long (<i>Capsicum annum</i>)	22.18	18.52	3.66	mg	14.17	NA	34.01	7.79	132	1.55	2.29	17.58	4.95							
SLK004	Chillies, red, dry (<i>Capsicum annum</i>)	80.33	67.82	12.51	mg	NA	NA	65.60	0.64	16.19	NA	13.52	289	34.53							
SLK005	Cloves (<i>Syzygium aromaticum</i>)	1795	345	1451	mg	19.80	NA	179	429	NA	1.16	0.45	356	21.26							
SLK006	Coriander seeds (<i>Coriandrum sativum</i>)	912	126	786	mg	NA	NA	10.48	53.82	NA	1.42	5.86	1022	24.63							
SLK007	Coriander, leaves (<i>Coriandrum sativum</i>)	20.56	18.56	2.00	mg	NA	17.40	65.82	542	NA	12.82	20.51	37.89	1.09							
SLK008	Cumin seeds (<i>Cuminum cyminum</i>)	937	42.82	894	mg	NA	NA	33.02	46.52	NA	1.31	1.29	430	34.11							
SLK009	Curry leaves (<i>Murraya koenigii</i>)	101	11.08	90.00	mg	6.81	13.52	7.48	65.20	35.63	0.73	1.26	39.10	0.52							
SLK010	Fenugreek seeds (<i>Trigonella foenum graecum</i>)	30.66	10.41	20.25	mg	1.82	1.82	NA	5.18	NA	0.31	NA	591	80.42							
SLK011	Garlic (<i>Allium sativum</i>)	138	101	36.09	mg	NA	NA	NA	0.82	21.82	NA	0.08	37.32	19.10							
SLK012	Ginger fresh, large (<i>Zingiber officinale</i>)	235	18.88	217	mg	NA	NA	NA	5.76	2.24	NA	1.08	14.40	7.00							
SLK013	Ginger fresh, small (<i>Curcuma amada</i>)	401	222	85.75	mg	NA	4.12	34.82	55.28	3.63	NA	0.43	14.98	0.10							
SLK014	Mint leaves (<i>Mentha spicata</i>)	79.65	6.97	72.68	mg	NA	25.63	13.52	25.63	26.84	NA	3.52	47.89	NA							
SLK015	Nutmeg (<i>Myristica fragrans</i>)	105	50.20	55.00	mg	NA	226	15.36	59.35	15.01	NA	58.39	685	15.68							
SLK016	Onion, big (<i>Allium cepa</i>)	3.75	2.16	1.59	mg	11.63	NA	397	33.81	87.00	42.63	0.45	11.61	4.39							
SLK017	Onion, small, shallots (<i>Allium cepa</i>)	10.66	9.32	1.34	mg	NA	166	121	83.25	141	NA	0.04	8.98	0.16							
SLK018	Pepper, black (<i>Piper nigrum</i>)	489	30.23	459	mg	1.85	NA	13.58	136	122	3.81	1.69	359	22.00							
SLK019	Turmeric powder (<i>Curcuma domestica</i>)	1746	1292	454	mg	NA	NA	37.62	3.14	35.23	NA	0.12	366	14.63							