

**Typical nutritional value of Saffron (Crocus sativus)/100 grams**  
10/06/2014 (1 of 2 pages)

| <i>Nutritional Category</i> | <i>Average</i> | <i>RDA**</i>  | <i>Units</i> |
|-----------------------------|----------------|---------------|--------------|
| <u><i>Principle</i></u>     | <i>Values</i>  | <i>Values</i> |              |
| <i>Calories</i>             | 310            | 15.5%         | Cal          |
| <i>Carbohydrate</i>         | 65.37          | 50%           | g            |
| <i>Protein</i>              | 11.43          | 21%           | g            |
| <i>Total Fat</i>            | 5.85           | 29%           | g            |
| <i>Cholesterol</i>          | 0              | 0%            | mg           |
| <i>Dietary Fiber</i>        | 3.9            | 10%           | g            |
| <u><i>Vitamins</i></u>      |                |               |              |
| <i>Folate</i>               | 93             | 23%           | µg           |
| <i>Niacin</i>               | 1.46           | 9%            | mg           |
| <i>pyridoxine</i>           | 1.010          | 77%           | mg           |
| <i>Riboflavin</i>           | 0.267          | 20%           | mg           |
| <i>Vitamin A</i>            | 530            | 18%           | IU           |
| <i>Vitamin C</i>            | 80.8           | 135%          | mg           |
| <u><i>Electrolytes</i></u>  |                |               |              |
| <i>Sodium</i>               | 148            | 10%           | mg           |
| <i>Potassium</i>            | 1724           | 37%           | mg           |
| <u><i>Minerals</i></u>      |                |               |              |
| <i>Calcium</i>              | 111            | 11%           | mg           |
| <i>Copper</i>               | 0.328          | 37%           | mg           |
| <i>Iron</i>                 | 11.10          | 139%          | mg           |
| <i>Magnesium</i>            | 264            | 66%           | mg           |

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|                   |        |       |    |
|-------------------|--------|-------|----|
| <i>Manganese</i>  | 28.408 | 1235% | mg |
| <i>Phosphorus</i> | 252    | 36%   | mg |
| <i>Selenium</i>   | 5.6    | 10%   | µg |
| <i>Zinc</i>       | 1.09   | 10%   | mg |

**\*\* Recommended Daily allowance is based on a 2000 calorie diet**