



Typical nutritional value of Saffron (Crocus sativus)/100 grams
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<i>Nutritional Category</i>	Average	RDA **	Units
<u>Principle</u>	Values	Values	
<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>Vitamins</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>Electrolytes</u>			
<i>Sodium</i>	148	10%	mg
<i>Potassium</i>	1724	37%	mg
<u>Minerals</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**