Typical nutritional value of Saffron (Crocus sativus)/100 grams
08/20/2025 (1 of 2 pages)

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

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Typical nutritional value of Saffron (Crocus sativus)/100 grams *08/20/2025* (2 of 2 pages)

Manganese	28.408	1235%	mg
Phosphorus	252	36%	mg
Selenium	5.6	10%	µg
Zinc	1.09	10%	mg

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

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