



Spearmint, dried

**TOTAL**  
35.7  
28.7

Macronutrient profile [gr. of nutrient per 100 gr. food]



- Proteins
- Water
- Sugars
- Fibre
- Alcohol
- Lipids
- Other

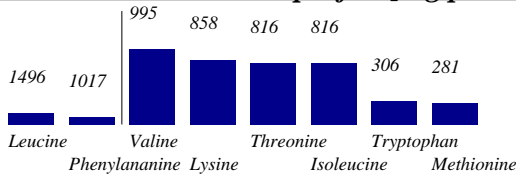
**FIBER**  
119.2  
78.4

Energy [kcal per 100 gr. food]



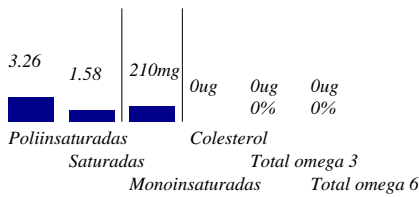
**kCALs**  
12.4  
11  
25

Essential aminoacids profile [mg per 100 gr. food]



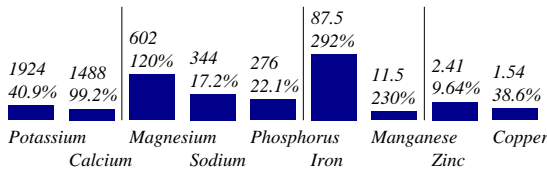
**PROTE.**  
43.3  
35.6  
84.4

Main lipids profile [gr of lipid per 100 gr. food]



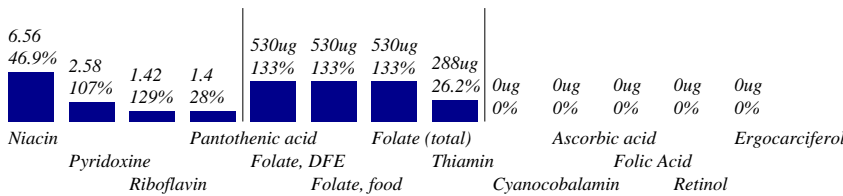
**EFA**  
0

Mineral and oligoelements profile [mg of mineral per 100 gr. food]



**MINER.**  
58.6

Vitamin profile [mg of vitamin per 100 gr. food]



**VITAM.**  
46.2

Phytochemicals profile [mg of nutrient per 100 gr. food]

