

Saffron Nutrition Facts

Nutrition Facts	
Saffron	
Amount Per 100 grams	
Calories 310	
	% Daily Value*
Total Fat 6 g	9%
Saturated fat 1.6 g	8%
Polyunsaturated fat 2.1 g	
Monounsaturated fat 0.4 g	
Cholesterol 0 mg	0%
Sodium 148 mg	6%
Potassium 1,724 mg	49%
Total Carbohydrate 65 g	21%
Dietary fiber 3.9 g	15%
Protein 11 g	22%
Vitamin A	10%
Vitamin C	134%
Calcium	11%
Iron	61%
Vitamin D	0%
Vitamin B-6	50%
Vitamin B-12	0%
Magnesium	66%

*Per cent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

See the table below for in depth analysis of nutrients:

Saffron (*Crocus sativus*),
 Nutritional value per 100 g.
 (Source: USDA NationalNutrient data base)

Principle	Nutrient Value	Percentage of RDA
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AFGHAN RED GOLD



Energy	310 Kcal	15.5%
Carbohydrates	65.37 g	50%
Protein	11.43 g	21%
Total Fat	5.85 g	29%
Cholesterol	0 mg	0%
DietaryFiber	3.9 g	10%
Vitamins		
Folates	93 µg	23%
Niacin	1.46 mg	9%
Pyridoxine	1.010 mg	77%
Riboflavin	0.267 mg	20%
Vitamin A	530 IU	18%
Vitamin C	80.8 mg	135%
Electrolytes		

AFGHAN RED GOLD



Sodium	148 mg	10%
Potassium	1724 mg	37%
Minerals		
Calcium	111 mg	11%
Copper	0.328 mg	37%
Iron	11.10 mg	139%
Magnesium	264 mg	66%
Manganese	28.408 mg	1235%
Phosphorus	252 mg	36%
Selenium	5.6 µg	10%
Zinc	1.09 mg	10%