SPICES *(Continued from Nuts and oil seeds section)*
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COMMUNITY FOOD SYSTEM DATA TABLE # 201

Food category: Spices
Scientific identification:
Allium sativum
Local name & other common names:
elligadda, lahson, Garlic (English)
Part(s) used: Rhizome
Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Rhizome
Moisture, g	62
Energy, Kcal	145
Protein, g	6.3
Fat, g	0.1
Carbohydrate, g	30
Fiber, g	0.8
Ash, g	1.0
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta carotene, µg	-
Total carotene, µg	0
Vitamin C, mg	13
Thiamin, mg	0.06
Riboflavin, mg	0.23
Niacin, mg	0.4
Folate, µg	-
Calcium, mg	30
Iron, mg	1.2
Phosphorus, mg	310
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender: Highly virtuous.
Reference: Nutritive value of Indian foods. 2002. S no 224 (ref # 2).
Code: n/a

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 202

Food category: Spices
Scientific identification:
Capsicum annum
Local name & other common names:
mirapa kayai, lal mirch, Dry chillies (English)
Part(s) used: Fruit
Preparation: Dried

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, dried
Moisture, g	10
Energy, Kcal	246
Protein, g	15.9
Fat, g	6.2
Carbohydrate, g	31.6
Fiber, g	30.2
Ash, g	6.1
Vitamin A, RE-µg	29
Vitamin A, RAE-µg	14
Beta carotene, µg	-
Total carotene, µg	345
Vitamin C, mg	50
Thiamin, mg	0.93
Riboflavin, mg	0.43
Niacin, mg	9.5
Folate, µg	-
Calcium, mg	160
Iron, mg	2.3
Phosphorus, mg	370
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 217 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 203

Food category: Spices
Scientific identification:
Capsicum annum
Local name & other common names:
mirapa kayai, Green chillies (English)
Part(s) used: Fruit
Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, fresh
Moisture, g	85.7
Energy, Kcal	29
Protein, g	2.9
Fat, g	0.6
Carbohydrate, g	3.0
Fiber, g	6.8
Ash, g	1.0
Vitamin A, RE-µg	286
Vitamin A, RAE-µg	143
Beta carotene, µg	1007
Total carotene, µg	2430
Vitamin C, mg	111
Thiamin, mg	0.19
Riboflavin, mg	0.39
Niacin, mg	0.9
Folate, µg	29
Calcium, mg	30
Iron, mg	4.4
Phosphorus, mg	80
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 218 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 204

Food category: Spices
Scientific identification:
Coriandrum sativum
Local name & other common names:
dhaniyalu, Dhania, Coriander (English)
Part(s) used: Seed
Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
	Seed, dried
Moisture, g	11.2
Energy, Kcal	288
Protein, g	14.1
Fat, g	16.1
Carbohydrate, g	21.6
Fiber, g	32.6
Ash, g	4.4
Vitamin A, RE-µg	78.5
Vitamin A, RAE-µg	39
Beta carotene, µg	-
Total carotene, µg	942
Vitamin C, mg	0
Thiamin, mg	0.22
Riboflavin, mg	0.35
Niacin, mg	1.1
Folate, µg	32
Calcium, mg	630
Iron, mg	7.1
Phosphorus, mg	393
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 221 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 205

Food category: Spices
Scientific identification:
Cuminum cyminum
Local name & other common names:
karra jela, jeera, Cumin seed (English)
Part(s) used: Seed
Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Seed
Moisture, g	11.9
Energy, Kcal	356
Protein, g	18.7
Fat, g	15.0
Carbohydrate, g	36.6
Fiber, g	12.0
Ash, g	5.8
Vitamin A, RE-µg	44
Vitamin A, RAE-µg	22
Beta carotene, µg	-
Total carotene, µg	522
Vitamin C, mg	3.0
Thiamin, mg	0.55
Riboflavin, mg	0.36
Niacin, mg	2.6
Folate, µg	-
Zinc, mg	-
Iron, mg	11.7
Calcium, mg	1080
Phosphorus, mg	511

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 222 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 206

Food category: Spices
Scientific identification:
Curcuma domestica
Local name & other common names:
pasupu, haldi, Turmeric (English)
Part(s) used: Rhizome
Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Rhizome
Moisture, g	13.1
Energy, Kcal	349
Protein, g	6.3
Fat, g	5.1
Carbohydrate, g	69.4
Fiber, g	2.6
Ash, g	3.5
Vitamin A, RE-µg	2.5
Vitamin A, RAE-µg	1.3
Beta carotene, µg	-
Total carotene, µg	30
Vitamin C, mg	0
Thiamin, mg	0.03
Riboflavin, mg	0
Niacin, mg	2.3
Folate, µg	18
Calcium, mg	150
Iron, mg	67.8
Phosphorus, mg	282
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender: Essential.
Reference: Nutritive value of Indian foods. 2002. S no 237 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 207

Food category: Spices
Scientific identification:
Ellettaria cardamomum
Local name & other common names:
choti elachi, Cardamom, small (English)
Part(s) used: Fruit, capsule
Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, capsule
Moisture, g	20
Energy, Kcal	229
Protein, g	10.2
Fat, g	2.2
Carbohydrate, g	42.1
Fiber, g	20.1
Ash, g	5.4
Vitamin A, RE-µg	
Vitamin A, RAE-µg	
Beta carotene, µg	0
Total carotene, µg	0
Vitamin C, mg	0
Thiamin, mg	0.22
Riboflavin, mg	0.17
Niacin, mg	0.8
Folate, µg	-
Calcium, mg	130
Iron, mg	4.6
Phosphorus, mg	160
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 216 (ref # 2).
Code: n/a

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 208

Food category: Spices
Scientific identification:
Ferula asfoetida
Local name & other common names:
hing, enguva, Asafoetida (English)
Part(s) used: resin extracted from rhizome and thickened root
Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Resin extract
Moisture, g	12.5
Energy, Kcal	297
Protein, g	4.0
Fat, g	1.1
Carbohydrate, g	67.8
Fiber, g	4.1
Ash, g	7.0
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta carotene, µg	-
Total carotene, µg	4
Vitamin C, mg	0
Thiamin, mg	0
Riboflavin, mg	0.04
Niacin, mg	0.30
Folate, µg	-
Calcium, mg	690
Iron, mg	39.4
Phosphorus, mg	50
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 215 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium	*	*	*
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 209

Food category: Spices
Scientific identification:
Myristica fragrans
Local name & other common names:
jaji kayi, Nutmeg (English)
Part(s) used: Fruit
Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, dried
Moisture, g	14.3
Energy, Kcal	472
Protein, g	7.5
Fat, g	36.4
Carbohydrate, g	28.5
Fiber, g	11.6
Ash, g	1.7
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta carotene, µg	-
Total carotene, µg	0
Vitamin C, mg	0
Thiamin, mg	0.33
Riboflavin, mg	0.01
Niacin, mg	1.4
Folate, µg	-
Calcium, mg	120
Iron, mg	2.0
Phosphorus, mg	240
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 229 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 210

Food category: Spices
Scientific identification:
Myristica fragrans
Local name & other common names:
japathri, Mace (English)
Part(s) used: Arillus, a thin leathery tissue between the stone and the pulp of nutmeg fruit
Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Arillus
Moisture, g	15.9
Energy, Kcal	437
Protein, g	6.5
Fat, g	24.4
Carbohydrate, g	47.8
Fiber, g	3.8
Ash, g	1.6
Vitamin A, RE-µg	252
Vitamin A, RAE-µg	126
Beta carotene, µg	-
Total carotene, µg	3027
Vitamin C, mg	0
Thiamin, mg	0.25
Riboflavin, mg	0.42
Niacin, mg	1.4
Folate, µg	-
Calcium, mg	180
Iron, mg	12.3
Phosphorus, mg	100
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 227 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 211

Food category: Spices
Scientific identification:
Papaver somniferum
Local name & other common names:
gasalu, khuskhus, Poppy seeds (English)
Part(s) used: Seed
Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Seed
Moisture, g	4.3
Energy, Kcal	408
Protein, g	21.7
Fat, g	19.3
Carbohydrate, g	36.8
Fiber, g	8.0
Ash, g	9.9
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Beta carotene, µg	-
Total carotene, µg	-
Vitamin C, mg	-
Thiamin, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folate, µg	-
Calcium, mg	1584
Iron, mg	15.9
Phosphorus, mg	432
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender: Leaves a cooling effect. Adds taste and thickness to a preparation.
Reference: Nutritive value of Indian foods. 2002. S no 235 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 212

Food category: Spices
Scientific identification:
Piper nigrum
Local name & other common names:
meriyalu, kali mirch, Black pepper (English)
Part(s) used: Seed
Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Seed, dried
Moisture, g	18.2
Energy, Kcal	304
Protein, g	11.5
Fat, g	6.8
Carbohydrate, g	49.2
Fiber, g	14.9
Ash, g	4.4
Vitamin A, RE-µg	90
Vitamin A, RAE-µg	45
Beta carotene, µg	-
Total carotene, µg	1080
Vitamin C, mg	-
Thiamin, mg	0.09
Riboflavin, mg	0.14
Niacin, mg	1.4
Folate, µg	-
Calcium, mg	460
Iron, mg	12.4
Phosphorus, mg	198
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender: For a cough and sore throat it is mixed with dry ginger and jaggery and taken frequently to sooth the throat.
Reference: Nutritive value of Indian foods. 2002. S no 232 (ref # 2).
Code: n/a

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 213

Food category: Spices
Scientific identification:
Syzygium aromaticum
Local name & other common names:
lavangalu, Long, Cloves-dry (English)
Part(s) used: Flower bud
Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Flower bud, dried
Moisture, g	25.2
Energy, Kcal	286
Protein, g	5.2
Fat, g	8.9
Carbohydrate, g	46.0
Fiber, g	9.5
Ash, g	5.2
Vitamin A, RE-µg	21.1
Vitamin A, RAE-µg	10.5
Beta carotene, µg	-
Total carotene, µg	253
Vitamin C, mg	0
Thiamin, mg	0.08
Riboflavin, mg	0.13
Niacin, mg	0
Folate, µg	-
Calcium, mg	740
Iron, mg	11.7
Phosphorus, mg	100
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Unknown
Home harvested, collected or purchased: Unknown
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 219 (ref # 2).
Code: n/a

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 214

Food category: Spices
Scientific identification:
Tamarindus indica
Local name & other common names:
chintha pandu, imli, Tamarind pulp (English)
Part(s) used: Fruit pulp
Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, pulp
Moisture, g	20.9
Energy, Kcal	283
Protein, g	3.1
Fat, g	0.1
Carbohydrate, g	67.4
Fiber, g	5.6
Ash, g	2.9
Vitamin A, RE-µg	5
Vitamin A, RAE-µg	2.5
Beta carotene, µg	-
Total carotene, µg	60
Vitamin C, mg	3
Thiamin, mg	-
Riboflavin, mg	0.07
Niacin, mg	0.7
Folate, µg	-
Calcium, mg	170
Iron, mg	17.0
Phosphorus, mg	110
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender: Essential in cooking process. Act as a preservative.
Reference: Nutritive value of Indian foods. 2002. S no 236 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 215

Food category: Spices
Scientific identification:
Trachyspermum amoni
Local name & other common names:
ajwain, omum, Bishop's weed (English)
Part(s) used: Fruit
Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit, dried
Moisture, g	7.4
Energy, Kcal	363
Protein, g	17.1
Fat, g	21.8
Carbohydrate, g	24.6
Fiber, g	21.2
Ash, g	7.9
Vitamin A, RE-µg	6
Vitamin A, RAE-µg	3
Beta carotene, µg	-
Total carotene, µg	71
Vitamin C, mg	-
Thiamin, mg	0.21
Riboflavin, mg	0.28
Niacin, mg	2.1
Folate, µg	-
Calcium, mg	1525
Iron, mg	12.5
Phosphorus, mg	443
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender: Mothers who have just delivered babies chew this to aid in digestion and to conserve body heat. It also has many medicinal uses.
Reference: Nutritive value of Indian foods. 2002. S no 231 (ref # 2).
Code: n/a

Seasonality and use†

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

†Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 216

Food category: Spices
Scientific identification:
Trigonella foenum-graecum
Local name & other common names:
menthalu, methi, Fenugreek seeds (English)
Part(s) used: Seed
Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Seed
Moisture, g	13.7
Energy, Kcal	333
Protein, g	26.2
Fat, g	5.8
Carbohydrate, g	44.1
Fiber, g	7.2
Ash, g	3.0
Vitamin A, RE-µg	8
Vitamin A, RAE-µg	4
Beta carotene, µg	-
Total carotene, µg	96
Vitamin C, mg	0
Thiamin, mg	0.34
Riboflavin, mg	0.29
Niacin, mg	1.1
Folate, µg	84
Calcium, mg	160
Iron, mg	6.5
Phosphorus, mg	370
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender: Unknown
Reference: Nutritive value of Indian foods. 2002. S no 223 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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COMMUNITY FOOD SYSTEM DATA TABLE # 217

Food category: Spices
Scientific identification:
Zingiber officinale
Local name & other common names:
allam, adrak, Ginger (English)
Part(s) used: Rhizome
Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Rhizome, fresh
Moisture, g	80.9
Energy, Kcal	67
Protein, g	2.3
Fat, g	0.9
Carbohydrate, g	12.3
Fiber, g	2.4
Ash, g	1.2
Vitamin A, RE-µg	1.7
Vitamin A, RAE-µg	3.3
Beta carotene, µg	-
Total carotene, µg	40
Vitamin C, mg	6
Thiamin, mg	0.06
Riboflavin, mg	0.03
Niacin, mg	0.6
Folate, µg	-
Calcium, mg	20
Iron, mg	3.5
Phosphorus, mg	60
Zinc, mg	-

--- = not analyzed

Wild or cultivated: Cultivated
Home harvested, collected or purchased: Purchased
Cost of production (if known): n/a
Importance value to the community by age/gender: To control vomiting crushed ginger, lime juice and honey is prepared and given orally.
Reference: Nutritive value of Indian foods. 2002. S no 225 (ref # 2).
Code: n/a

Seasonality and use[†]

Use	Winter	Summer	Rainy
High			
Medium			
Low			
None			

[†]Winter = November-February, Summer = March-May, Rainy (South-West monsoon season) = June-October

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