

Food Group: Spices and Herbs

Here you can find links to MedRat NutriArchives (one of the world's largest collections of food composition Web pages!) food composition Web pages, based on USDA National Nutrient Database for Standard Reference, Release 20 (SR20). There are 61 food items (arranged in alphabetical order) for food group, "Spices and Herbs", in SR20. However, there are 7519 food items in all food groups included in SR20. **NDB#** is the 5-digit Nutrient Databank number that uniquely identifies a food item.

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Based on USDA National Nutrient Database for Standard Reference, Release 20 (SR20)

1. [Basil, fresh \(NDB#: 02044\)](#)
2. [CAMPBELL Soup Company, PACE, Dry Taco Seasoning Mix \(NDB#: 02073\)](#)
3. [Capers, canned \(NDB#: 02054\)](#)
4. [Dill weed, fresh \(NDB#: 02045\)](#)
5. [Horseradish, prepared \(NDB#: 02055\)](#)
6. [Mustard, prepared, yellow \(NDB#: 02046\)](#)
7. [Peppermint, fresh \(NDB#: 02064\)](#)
8. [Rosemary, fresh \(NDB#: 02063\)](#)
9. [Salt, table \(NDB#: 02047\)](#)
10. [Spearmint, dried \(NDB#: 02066\)](#)
11. [Spearmint, fresh \(NDB#: 02065\)](#)
12. [Spices, allspice, ground \(NDB#: 02001\)](#)
13. [Spices, anise seed \(NDB#: 02002\)](#)
14. [Spices, basil, dried \(NDB#: 02003\)](#)
15. [Spices, bay leaf \(NDB#: 02004\)](#)
16. [Spices, caraway seed \(NDB#: 02005\)](#)
17. [Spices, cardamom \(NDB#: 02006\)](#)
18. [Spices, celery seed \(NDB#: 02007\)](#)
19. [Spices, chervil, dried \(NDB#: 02008\)](#)
20. [Spices, chili powder \(NDB#: 02009\)](#)
21. [Spices, cinnamon, ground \(NDB#: 02010\)](#)
22. [Spices, cloves, ground \(NDB#: 02011\)](#)

23. [Spices, coriander leaf, dried \(NDB#: 02012\)](#)
24. [Spices, coriander seed \(NDB#: 02013\)](#)
25. [Spices, cumin seed \(NDB#: 02014\)](#)
26. [Spices, curry powder \(NDB#: 02015\)](#)
27. [Spices, dill seed \(NDB#: 02016\)](#)
28. [Spices, dill weed, dried \(NDB#: 02017\)](#)
29. [Spices, fennel seed \(NDB#: 02018\)](#)
30. [Spices, fenugreek seed \(NDB#: 02019\)](#)
31. [Spices, garlic powder \(NDB#: 02020\)](#)
32. [Spices, ginger, ground \(NDB#: 02021\)](#)
33. [Spices, mace, ground \(NDB#: 02022\)](#)
34. [Spices, marjoram, dried \(NDB#: 02023\)](#)
35. [Spices, mustard seed, yellow \(NDB#: 02024\)](#)
36. [Spices, nutmeg, ground \(NDB#: 02025\)](#)
37. [Spices, onion powder \(NDB#: 02026\)](#)
38. [Spices, oregano, dried \(NDB#: 02027\)](#)
39. [Spices, paprika \(NDB#: 02028\)](#)
40. [Spices, parsley, dried \(NDB#: 02029\)](#)
41. [Spices, pepper, black \(NDB#: 02030\)](#)
42. [Spices, pepper, red or cayenne \(NDB#: 02031\)](#)
43. [Spices, pepper, white \(NDB#: 02032\)](#)
44. [Spices, poppy seed \(NDB#: 02033\)](#)
45. [Spices, poultry seasoning \(NDB#: 02034\)](#)
46. [Spices, pumpkin pie spice \(NDB#: 02035\)](#)
47. [Spices, rosemary, dried \(NDB#: 02036\)](#)
48. [Spices, saffron \(NDB#: 02037\)](#)
49. [Spices, sage, ground \(NDB#: 02038\)](#)
50. [Spices, savory, ground \(NDB#: 02039\)](#)
51. [Spices, tarragon, dried \(NDB#: 02041\)](#)
52. [Spices, thyme, dried \(NDB#: 02042\)](#)
53. [Spices, turmeric, ground \(NDB#: 02043\)](#)
54. [Thyme, fresh \(NDB#: 02049\)](#)
55. [Vanilla extract \(NDB#: 02050\)](#)
56. [Vanilla extract, imitation, alcohol \(NDB#: 02051\)](#)
57. [Vanilla extract, imitation, no alcohol \(NDB#: 02052\)](#)
58. [Vinegar, balsamic \(NDB#: 02069\)](#)
59. [Vinegar, cider \(NDB#: 02048\)](#)
60. [Vinegar, distilled \(NDB#: 02053\)](#)
61. [Vinegar, red wine \(NDB#: 02068\)](#)

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