

Carbs in Herbs, Spices and Seasoning List

Name	Serving	Net Carbs (g)	Carbs (g)	Fibre (g)
HERBS				
Basil, fresh	2 tbspn	0.06	0.14	0.09
Basil, ground	1 tbspn	0.21	1.00	0.79
Bay Leaf, crumbled	1 tspn	-	-	-
Bay Leaf, one whole	1 whole	-	-	-
Chervil, dried	1 tspn	0.23	0.30	0.07
Chives, fresh	1 tbspn	0.06	0.13	0.08
Cilantro, fresh	1 tbspn	0.04	0.16	0.12
Coriander leaf, dried	1 tspn	0.25	0.31	0.06
Coriander leaf, raw	9 sprigs	0.17	0.73	0.56
Dill weed, dried	1 tspn	0.42	0.56	0.14
Dill weed, fresh	1 cup	0.44	0.63	0.19
Fenugreek Seed	1 tspn	1.25	2.16	0.91
Galangal	1 root (100g)	3.00	15.00	12.00
Lemon Grass	1 tbspn	1.22	1.22	-
Marjoram, dried	1 tspn	0.12	0.36	0.24
Mint dried	1 tspn	0.11	0.26	0.15
Mint Leaves	2 leaves	0.01	0.02	0.01
Oregano, dried	1 tspn	0.26	0.69	0.43
Parsley flakes, dried	1 tspn	0.12	0.25	0.13
Parsley, fresh	1 tbspn	0.12	0.24	0.13
Rosemary, dried	1 tspn	0.26	0.77	0.51
Rosemary, fresh	1 tbspn	0.11	0.35	0.24
Sorrel	1 cup (133g)	0.40	4.26	3.86
Tarragon, dried	1 tspn	0.69	0.80	0.12
Tarragon, fresh	1 tbspn	0.80	0.90	0.10
Thyme, fresh	1 tspn	0.08	0.20	0.11
Thyme, ground	1 tspn	0.27	0.64	0.37

Name	Serving	Net Carbs (g)	Carbs (g)	Fibre (g)
SPICES & SEASONING				
Allspice, ground	1 tspn	0.90	1.30	0.40
Anise Seed	1 tspn	0.70	1.00	0.30
Annatto Seeds	1 tspn	0.70	1.40	0.70
Capers	1 tbspn	0.10	0.40	0.30
Caraway seeds	1 tspn	0.20	1.00	0.80
Cardamom, ground	1 tspn	0.80	1.40	0.60
Cayenne pepper	1 tspn	0.50	1.00	0.50
Celery salt	1 tspn	-	-	-
Chili Powder	1 tspn	0.40	1.30	0.90
Chinese 5 spice powder	1 tspn	1.00	1.00	-
Cinnamon, ground	1 tspn	0.70	2.10	1.40
Cloves, ground	1 tspn	0.70	1.40	0.70
Coriander Seeds	1 tspn	0.24	0.99	0.75
Cumin Seed	1 tspn	0.70	0.90	0.20
Cumin, ground	1 tspn	0.70	0.90	0.20
Curry powder	1 tspn	0.50	1.20	0.70
Dill seed	1 tspn	0.72	1.16	0.44
Fennel seed	1 tspn	0.25	1.05	0.80
Garlic powder, or salt	1 tspn	2.00	2.30	0.30
Ginger, ground	1 tspn	1.00	1.20	0.20
Mace, ground	1 tspn	0.50	0.80	0.30
Mustard Seed	1 tspn	0.40	0.60	0.20
Mustard, dried	1 tspn	0.20	0.30	0.10
Nutmeg, ground	1 tspn	2.00	3.50	1.50
Onion, powder	1 tspn	1.50	1.90	0.40
Paprika	1 tspn	0.40	1.20	0.80
Pepper, black	1 tspn	0.90	1.50	0.60
Pepper, white	1 tspn	0.90	1.50	0.60
Pepper, whole black	1 whole	1.20	1.90	0.70
Poppy Seed	1 tspn	0.30	0.80	0.50
Pumpkin Pie Spice	1 tbspn	3.10	3.90	0.80
Red Pepper flakes	1 tspn	0.50	1.00	0.50
Saffron	1 tspn	0.50	0.50	-

Sage, ground	1 tspn	0.14	0.43	0.28
Star Anise	1 tspn	0.80	1.10	0.30
Sumac	1 tspn	0.40	1.30	0.90
Turmeric, ground	1 tspn	1.30	2.00	0.70

Values obtained from the USDA Food Composition Database