

Carbs in Herbs List

Herbs	Serving	Net Carbs	Carbs	Fiber
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

Values obtained from the USDA Food Composition Database

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