







Polyphenol Content of Herbs and Spices

 <p>Anise, dried 1 teaspoon = 4mg Polyphenols</p>	 <p>Coriander, dried 1 teaspoon = 54mg Polyphenols</p>	 <p>Nutmeg 1 teaspoon = 42mg Polyphenols</p>	 <p>Sage, common, dried 1 teaspoon = 47mg Polyphenols</p>
 <p>Basil, sweet, dried 1 teaspoon = 30mg Polyphenols</p>	 <p>Cumin 1 teaspoon = 65mg Polyphenols</p>	 <p>Oregano, dried (wild marjoram) 1 teaspoon = 125mg Polyphenols</p>	 <p>Savory, summer, dried 1 teaspoon = 63mg Polyphenols</p>
 <p>Basil, sweet, fresh 2 Tablespoon chopped = 12mg Polyphenols</p>	 <p>Curry, powder 1 teaspoon = 22mg Polyphenols</p>	 <p>Oregano, fresh (wild marjoram) 1 teaspoon = 11mg Polyphenols</p>	 <p>Spearmint, dried 1 teaspoon = 33mg Polyphenols</p>
 <p>Capers 1 teaspoon = 540mg Polyphenols</p>	 <p>Dill, dried 1 teaspoon = 26mg Polyphenols</p>	 <p>Parsley, dried 1 teaspoon = 6mg Polyphenols</p>	 <p>Spearmint, fresh 2 Tablespoons = 28mg Polyphenols</p>
 <p>Caraway 1 teaspoon = 70mg Polyphenols</p>	 <p>Dill, fresh 5 sprigs = 2mg Polyphenols</p>	 <p>Parsley, fresh 1 Tablespoon = 3mg Polyphenols</p>	 <p>Star anise 1 teaspoon = 54mg Polyphenols</p>
 <p>Cardamom 1 teaspoon = 12mg Polyphenols</p>	 <p>Fennel, fresh leaves 1/4 cup, sliced = 85mg Polyphenols</p>	 <p>Pepper spice [Black] 1 teaspoon = 23mg Polyphenols</p>	 <p>Sweet bay, dried 1 leaf = 21mg Polyphenols</p>
 <p>Chives, fresh 1 teaspoon chopped = 1mg Polyphenols</p>	 <p>Fenugreek seed 1 teaspoon = 31mg Polyphenols</p>	 <p>Pepper spice [White] 1 teaspoon = 19mg Polyphenols</p>	 <p>Tarragon, fresh 1 teaspoon = 3mg Polyphenols</p>
 <p>Cilantro (Coriander), fresh 1/4 cup = 6mg Polyphenols</p>	 <p>Garlic, fresh 5 cloves = 13mg Polyphenols</p>	 <p>Peppermint, fresh 2 Tablespoons = 31mg Polyphenols</p>	 <p>Thyme, common, dried 1 teaspoon = 22mg Polyphenols</p>
 <p>Cinnamon, Ceylon 1 teaspoon = 233mg Polyphenols</p>	 <p>Ginger, dried 1 teaspoon = 11mg Polyphenols</p>	 <p>Pot marjoram, dried 1 teaspoon = 223mg Polyphenols</p>	 <p>Thyme, common, fresh 2 Tablespoons = 9mg Polyphenols</p>
 <p>Cloves 1 teaspoon = 321mg Polyphenols</p>	 <p>Ginger, fresh 1 teaspoon = 4mg Polyphenols</p>	 <p>Rosemary, dried 1 teaspoon =30mg Polyphenols</p>	 <p>Turmeric, dried 1 teaspoon = 47mg Polyphenols</p>
 <p>Coriander seed 1 teaspoon = 6mg Polyphenols</p>	 <p>Marjoram, dried 5 sprigs = 77mg Polyphenols</p>	 <p>Rosemary, fresh 1 teaspoon = 8mg Polyphenols</p>	

*Data obtained from Phenol-Explorer Database