

Basic Report 12013, Seeds, lotus seeds, dried

Report Date: January 30, 2015 04:25 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 32g	1 oz (42 medium seeds) 28.35g
Proximates				
Water	g	14.16	4.53	4.01
Energy	kcal	332	106	94
Protein	g	15.41	4.93	4.37
Total lipid (fat)	g	1.97	0.63	0.56
Carbohydrate, by difference	g	64.47	20.63	18.28
Minerals				
Calcium, Ca	mg	163	52	46
Iron, Fe	mg	3.53	1.13	1.00
Magnesium, Mg	mg	210	67	60
Phosphorus, P	mg	626	200	177
Potassium, K	mg	1368	438	388
Sodium, Na	mg	5	2	1
Zinc, Zn	mg	1.05	0.34	0.30
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.640	0.205	0.181
Riboflavin	mg	0.150	0.048	0.043
Niacin	mg	1.600	0.512	0.454
Vitamin B-6	mg	0.629	0.201	0.178
Folate, DFE	µg	104	33	29
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	3	1	1
Vitamin A, IU	IU	50	16	14
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

Lipids

Nutrient	Unit	1 Value Per100 g	1 cup 32g	1 oz (42 medium seeds) 28.35g
Fatty acids, total saturated	g	0.330	0.106	0.094
Fatty acids, total monounsaturated	g	0.388	0.124	0.110
Fatty acids, total polyunsaturated	g	1.166	0.373	0.331
Cholesterol	mg	0	0	0