

Basic Report 12099, Nuts, chestnuts, european, dried, unpeeled

Report Date: February 01, 2015 13:10 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Proximates			
Water	g	9.45	2.68
Energy	kcal	374	106
Protein	g	6.39	1.81
Total lipid (fat)	g	4.45	1.26
Carbohydrate, by difference	g	77.31	21.92
Fiber, total dietary	g	11.7	3.3
Minerals			
Calcium, Ca	mg	67	19
Iron, Fe	mg	2.38	0.67
Magnesium, Mg	mg	74	21
Phosphorus, P	mg	175	50
Potassium, K	mg	986	280
Sodium, Na	mg	37	10
Zinc, Zn	mg	0.35	0.10
Vitamins			
Vitamin C, total ascorbic acid	mg	15.0	4.3
Thiamin	mg	0.295	0.084
Riboflavin	mg	0.360	0.102
Niacin	mg	0.850	0.241
Vitamin B-6	mg	0.663	0.188
Folate, DFE	µg	109	31
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

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Lipids			
Fatty acids, total saturated	g	0.837	0.237
Fatty acids, total monounsaturated	g	1.535	0.435
Fatty acids, total polyunsaturated	g	1.758	0.498
Cholesterol	mg	0	0