

Basic Report 16069, Lentils, raw

Report Date: February 01, 2015 11:40 EST

Nutrient values and weights are for edible portion

| Nutrient | Unit | 1 Value Per100 g | 1 cup 192g | 1 tablespoon 12g |
|--------------------------------|------|------------------|------------|------------------|
| Proximates | | | | |
| Water | g | 8.26 | 15.86 | 0.99 |
| Energy | kcal | 352 | 676 | 42 |
| Protein | g | 24.63 | 47.29 | 2.96 |
| Total lipid (fat) | g | 1.06 | 2.04 | 0.13 |
| Carbohydrate, by difference | g | 63.35 | 121.63 | 7.60 |
| Fiber, total dietary | g | 10.7 | 20.5 | 1.3 |
| Sugars, total | g | 2.03 | 3.90 | 0.24 |
| Minerals | | | | |
| Calcium, Ca | mg | 35 | 67 | 4 |
| Iron, Fe | mg | 6.51 | 12.50 | 0.78 |
| Magnesium, Mg | mg | 47 | 90 | 6 |
| Phosphorus, P | mg | 281 | 540 | 34 |
| Potassium, K | mg | 677 | 1300 | 81 |
| Sodium, Na | mg | 6 | 12 | 1 |
| Zinc, Zn | mg | 3.27 | 6.28 | 0.39 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 4.5 | 8.6 | 0.5 |
| Thiamin | mg | 0.873 | 1.676 | 0.105 |
| Riboflavin | mg | 0.211 | 0.405 | 0.025 |
| Niacin | mg | 2.605 | 5.002 | 0.313 |
| Vitamin B-6 | mg | 0.540 | 1.037 | 0.065 |
| Folate, DFE | µg | 479 | 920 | 57 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 2 | 4 | 0 |
| Vitamin A, IU | IU | 39 | 75 | 5 |
| Vitamin E (alpha-tocopherol) | mg | 0.49 | 0.94 | 0.06 |

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| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 5.0 | 9.6 | 0.6 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 0.154 | 0.296 | 0.018 |
| Fatty acids, total monounsaturated | g | 0.193 | 0.371 | 0.023 |
| Fatty acids, total polyunsaturated | g | 0.526 | 1.010 | 0.063 |
| Cholesterol | mg | 0 | 0 | 0 |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |