

Basic Report 12005, Seeds, breadnut tree seeds, dried

Report Date: July 19, 2019 16:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 160g	1 oz 28.35g
Proximates				
Water	g	6.50	10.40	1.84
Energy	kcal	367	587	104
Protein	g	8.62	13.79	2.44
Total lipid (fat)	g	1.68	2.69	0.48
Carbohydrate, by difference	g	79.39	127.02	22.51
Fiber, total dietary	g	14.9	23.8	4.2
Minerals				
Calcium, Ca	mg	94	150	27
Iron, Fe	mg	4.60	7.36	1.30
Magnesium, Mg	mg	115	184	33
Phosphorus, P	mg	178	285	50
Potassium, K	mg	2011	3218	570
Sodium, Na	mg	53	85	15
Zinc, Zn	mg	1.91	3.06	0.54
Vitamins				
Vitamin C, total ascorbic acid	mg	46.6	74.6	13.2
Thiamin	mg	0.030	0.048	0.009
Riboflavin	mg	0.140	0.224	0.040
Niacin	mg	2.100	3.360	0.595
Vitamin B-6	mg	0.685	1.096	0.194
Folate, DFE	µg	113	181	32
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	11	18	3
Vitamin A, IU	IU	216	346	61
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
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Lipids				
Fatty acids, total saturated	g	0.454	0.726	0.129
Fatty acids, total monounsaturated	g	0.214	0.342	0.061
Fatty acids, total polyunsaturated	g	0.896	1.434	0.254
Cholesterol	mg	0	0	0

Amino Acids

Other