

## Basic Report 12006, Seeds, chia seeds, dried

Report Date: August 25, 2019 03:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	0.12 Value Per12 g	1 oz 28.35g
<b>Proximates</b>			
Water	g	0.70	1.64
Energy	kcal	58	138
Protein	g	1.98	4.69
Total lipid (fat)	g	3.69	8.71
Carbohydrate, by difference	g	5.05	11.94
Fiber, total dietary	g	4.1	9.8
<b>Minerals</b>			
Calcium, Ca	mg	76	179
Iron, Fe	mg	0.93	2.19
Magnesium, Mg	mg	40	95
Phosphorus, P	mg	103	244
Potassium, K	mg	49	115
Sodium, Na	mg	2	5
Zinc, Zn	mg	0.55	1.30
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.2	0.5
Thiamin	mg	0.074	0.176
Riboflavin	mg	0.020	0.048
Niacin	mg	1.060	2.503
Vitamin B-12	µg	0.00	0.00
Vitamin A, IU	IU	6	15
Vitamin E (alpha-tocopherol)	mg	0.06	0.14
<b>Lipids</b>			
Fatty acids, total saturated	g	0.400	0.944
Fatty acids, total monounsaturated	g	0.277	0.655
Fatty acids, total polyunsaturated	g	2.840	6.709

<b>Nutrient</b>	<b>Unit</b>	<b>0.12 Value Per12 g</b>	<b>1 oz 28.35g</b>
Fatty acids, total trans	g	0.017	0.040
Cholesterol	mg	0	0

**Amino Acids**

**Other**