

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

Report Date: September 24, 2019 04:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
<b>Proximates</b>			
Water	g	5.80	1.64
Energy	kcal	486	138
Protein	g	16.54	4.69
Total lipid (fat)	g	30.74	8.71
Carbohydrate, by difference	g	42.12	11.94
Fiber, total dietary	g	34.4	9.8
<b>Minerals</b>			
Calcium, Ca	mg	631	179
Iron, Fe	mg	7.72	2.19
Magnesium, Mg	mg	335	95
Phosphorus, P	mg	860	244
Potassium, K	mg	407	115
Sodium, Na	mg	16	5
Zinc, Zn	mg	4.58	1.30
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	1.6	0.5
Thiamin	mg	0.620	0.176
Riboflavin	mg	0.170	0.048
Niacin	mg	8.830	2.503
Vitamin B-12	µg	0.00	0.00
Vitamin A, IU	IU	54	15
Vitamin E (alpha-tocopherol)	mg	0.50	0.14
<b>Lipids</b>			
Fatty acids, total saturated	g	3.330	0.944
Fatty acids, total monounsaturated	g	2.309	0.655
Fatty acids, total polyunsaturated	g	23.665	6.709

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 oz 28.35g</b>
Fatty acids, total trans	g	0.140	0.040
Cholesterol	mg	0	0

**Amino Acids**

**Other**