National Nutrient Database for Standard Reference Release 1 April, 2018

Full Report (All Nutrients) 12006, Seeds, chia seeds, dried

Report Date: September 20, 2019 20:56 EDT

Nutrient values and weights are for edible portion.

Food Group : Nut and Seed Products

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:5.3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Proximates					
Water [5]	g	5.80	1	--	1.64
Energy	kcal	486	--	--	138
Energy	kJ	2034	--	--	577
Protein [1 2 3 4 5]	g	16.54	21	1.230	4.69
Total lipid (fat) [1 2 3 4 5 6 7]	g	30.74	24	0.780	8.71
Ash [5]	g	4.80	1	--	1.36
Carbohydrate, by difference	g	42.12	--	--	11.94
Fiber, total dietary [8]	g	34.4	2	--	9.8
Minerals					
Calcium, Ca [1 5]	mg	631	2	--	179
Iron, Fe [8]	mg	7.72	2	--	2.19
Magnesium, Mg [8]	mg	335	2	--	95
Phosphorus, P [1 5 8]	mg	860	4	93.000	244
Potassium, K [5 8]	mg	407	3	246.000	115
Sodium, Na [5 8]	mg	16	3	3.000	5
Zinc, Zn [5 8]	mg	4.58	3	1.090	1.30
Copper, Cu [5 8]	mg	0.924	3	0.736	0.262
Manganese, Mn [5 8]	mg	2.723	3	0.557	0.772
Selenium, Se [8]	µg	55.2	2	--	15.6
Vitamins					
Vitamin C, total ascorbic acid [8]	mg	1.6	2	--	0.5
Thiamin [8]	mg	0.620	2	--	0.176

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Riboflavin [8]	mg	0.170	2	--	0.048
Niacin [8]	mg	8.830	2	--	2.503
Folate, total [8]	µg	49	2	--	14
Folate, food	µg	49	2	--	14
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, IU [8]	IU	54	2	--	15
Vitamin E (alpha-tocopherol) [8]	mg	0.50	1	--	0.14
Lipids					
Fatty acids, total saturated	g	3.330	--	--	0.944
14:0 [5]	g	0.030	1	--	0.009
15:0 [5]	g	0.030	1	--	0.009
16:0 [1,2,3,4,5,6,7]	g	2.170	24	0.079	0.615
17:0 [1]	g	0.063	1	--	0.018
18:0 [1,2,3,4,5,6,7]	g	0.912	24	0.031	0.259
20:0 [1,5]	g	0.093	2	--	0.026
22:0 [1]	g	0.032	1	--	0.009
Fatty acids, total monounsaturated	g	2.309	--	--	0.655
14:1 [5]	g	0.030	1	--	0.009
16:1 undifferentiated [1,3,5]	g	0.029	9	0.002	0.008
17:1 [1]	g	0.000	1	--	0.000
18:1 undifferentiated [1,2,3,4,5,6,7]	g	2.203	23	0.122	0.625
20:1 [1,5]	g	0.046	2	--	0.013
Fatty acids, total polyunsaturated	g	23.665	--	--	6.709
18:2 undifferentiated [1,2,3,4,5,6,7]	g	5.835	24	0.283	1.654
18:2 n-6 c,c [8]	g	5.835	2	--	1.654
18:3 undifferentiated [1,2,3,4,5,6,7]	g	17.830	24	0.722	5.055
18:3 n-3 c,c,c (ALA) [8]	g	17.830	2	--	5.055
Fatty acids, total trans	g	0.140	2	--	0.040
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan [8]	g	0.436	--	--	0.124
Threonine [8]	g	0.709	--	--	0.201

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Isoleucine [8]	g	0.801	--	--	0.227
Leucine [8]	g	1.371	--	--	0.389
Lysine [8]	g	0.970	--	--	0.275
Methionine [8]	g	0.588	--	--	0.167
Cystine [8]	g	0.407	--	--	0.115
Phenylalanine [8]	g	1.016	--	--	0.288
Tyrosine [8]	g	0.563	--	--	0.160
Valine [8]	g	0.950	--	--	0.269
Arginine [8]	g	2.143	--	--	0.608
Histidine [8]	g	0.531	--	--	0.151
Alanine [8]	g	1.044	--	--	0.296
Aspartic acid [8]	g	1.689	--	--	0.479
Glutamic acid [8]	g	3.500	--	--	0.992
Glycine [8]	g	0.943	--	--	0.267
Proline [8]	g	0.776	--	--	0.220
Serine [8]	g	1.049	--	--	0.297

Other

Sources of Data

[1]*R. Ayerza, Wayne Coates* **An omega-3 fatty acid enriched chia diet: Influence on egg fatty acid composition, cholesterol and oil content,** 1999 Canadian Journal of Animal Science 79 pp.53-58
[2]*R. Ayerza, Wayne Coates* **Some quality components of four chia (Salvia hispanica L.) genotypes grown under tropical coastal desert ecosystem conditions,** 2009 Asian J Plant Sci 8 4 pp.301-307
[3]*R. Ayerza, Wayne Coates* **Influence of environment on growing period and yield, protein, oil and a-linolenic content of three chia (Salvia hispanica L.) selections,** 2009 Industrial Crops and Products 30 pp.321-324
[4]*R. Ayerza, Wayne Coates* **Composition of chia (Salvia hispanica) grown in six tropical and subtropical ecosystems of South America,** 2004 Tropical Science 44 pp.131-135
[5]*Ministry of Public Health* **Analysis of Salvia hispanica chia seed,** 2003
[6]*B. Heuer* **Effect of late salinization of chia (Salvia hispanica), stock (Matthiola tricuspidata) and evening primrose (Oenothera biennis) on their oil content and quality,** 2002 Industrial Crops and Products 15 pp.163-167
[7]*R. Ayerza, Wayne Coates* **Seed yield, oil content and fatty acid composition of three botanical sources of +-3 fatty acid planted in the Yungas ecosystem of tropical Argentina,** 2008 Tropical Science 47 4 pp.183-187
[8]*AZChia* **Personal communication with Wayne Coates, PhD of AZChia, professor emeritus at U Arizona,** 2011

Langual Code(s)

- A0305 SEED OR SEED PRODUCT (US CFR)
- A1282 1200 NUT AND SEED PRODUCTS (USDA SR)
- B1723 CHIA
- C0155 SEED
- E0150 WHOLE, NATURAL SHAPE
- F0001 EXTENT OF HEAT TREATMENT NOT KNOWN
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0116 DEHYDRATED OR DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION