

Basic Report 12012, Seeds, hemp seed, hulled

Report Date: September 15, 2019 20:55 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 tbsp 30g
Proximates			
Water	g	4.96	1.49
Energy	kcal	553	166
Protein	g	31.56	9.47
Total lipid (fat)	g	48.75	14.62
Carbohydrate, by difference	g	8.67	2.60
Fiber, total dietary	g	4.0	1.2
Sugars, total	g	1.50	0.45
Minerals			
Calcium, Ca	mg	70	21
Iron, Fe	mg	7.95	2.38
Magnesium, Mg	mg	700	210
Phosphorus, P	mg	1650	495
Potassium, K	mg	1200	360
Sodium, Na	mg	5	2
Zinc, Zn	mg	9.90	2.97
Vitamins			
Vitamin C, total ascorbic acid	mg	0.5	0.1
Thiamin	mg	1.275	0.383
Riboflavin	mg	0.285	0.085
Niacin	mg	9.200	2.760
Vitamin B-6	mg	0.600	0.180
Folate, DFE	µg	110	33
Vitamin A, RAE	µg	1	0
Vitamin A, IU	IU	11	3
Vitamin E (alpha-tocopherol)	mg	0.80	0.24

Lipids

Nutrient	Unit	1 Value Per100 g	3.0 tbsp 30g
Fatty acids, total saturated	g	4.600	1.380
Fatty acids, total monounsaturated	g	5.400	1.620
Fatty acids, total polyunsaturated	g	38.100	11.430
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other