

Basic Report 12014, Seeds, pumpkin and squash seed kernels, dried

Report Date: September 20, 2019 01:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.25 cup 32.25g	1 oz 28.35g
Proximates				
Water	g	5.23	1.69	1.48
Energy	kcal	559	180	158
Protein	g	30.23	9.75	8.57
Total lipid (fat)	g	49.05	15.82	13.91
Carbohydrate, by difference	g	10.71	3.45	3.04
Fiber, total dietary	g	6.0	1.9	1.7
Sugars, total	g	1.40	0.45	0.40
Minerals				
Calcium, Ca	mg	46	15	13
Iron, Fe	mg	8.82	2.84	2.50
Magnesium, Mg	mg	592	191	168
Phosphorus, P	mg	1233	398	350
Potassium, K	mg	809	261	229
Sodium, Na	mg	7	2	2
Zinc, Zn	mg	7.81	2.52	2.21
Vitamins				
Vitamin C, total ascorbic acid	mg	1.9	0.6	0.5
Thiamin	mg	0.273	0.088	0.077
Riboflavin	mg	0.153	0.049	0.043
Niacin	mg	4.987	1.608	1.414
Vitamin B-6	mg	0.143	0.046	0.041
Folate, DFE	µg	58	19	16
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	1	0	0
Vitamin A, IU	IU	16	5	5
Vitamin E (alpha-tocopherol)	mg	2.18	0.70	0.62

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	7.3	2.4	2.1
Lipids				
Fatty acids, total saturated	g	8.659	2.793	2.455
Fatty acids, total monounsaturated	g	16.242	5.238	4.605
Fatty acids, total polyunsaturated	g	20.976	6.765	5.947
Fatty acids, total trans	g	0.064	0.021	0.018
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0