

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

Report Date: September 18, 2019 07:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 129g	1 oz 28.35g
<b>Proximates</b>				
Water	g	5.23	6.75	1.48
Energy	kcal	559	721	158
Protein	g	30.23	39.00	8.57
Total lipid (fat)	g	49.05	63.27	13.91
Carbohydrate, by difference	g	10.71	13.82	3.04
Fiber, total dietary	g	6.0	7.7	1.7
Sugars, total	g	1.40	1.81	0.40
<b>Minerals</b>				
Calcium, Ca	mg	46	59	13
Iron, Fe	mg	8.82	11.38	2.50
Magnesium, Mg	mg	592	764	168
Phosphorus, P	mg	1233	1591	350
Potassium, K	mg	809	1044	229
Sodium, Na	mg	7	9	2
Zinc, Zn	mg	7.81	10.07	2.21
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	1.9	2.5	0.5
Thiamin	mg	0.273	0.352	0.077
Riboflavin	mg	0.153	0.197	0.043
Niacin	mg	4.987	6.433	1.414
Vitamin B-6	mg	0.143	0.184	0.041
Folate, DFE	µg	58	75	16
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	1	1	0
Vitamin A, IU	IU	16	21	5
Vitamin E (alpha-tocopherol)	mg	2.18	2.81	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	9.4	2.1
<b>Lipids</b>				
Fatty acids, total saturated	g	8.659	11.170	2.455
Fatty acids, total monounsaturated	g	16.242	20.952	4.605
Fatty acids, total polyunsaturated	g	20.976	27.059	5.947
Fatty acids, total trans	g	0.064	0.083	0.018
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0