

Basic Report 12036, Seeds, sunflower seed kernels, dried

Report Date: September 17, 2019 06:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, with hulls, edible yield 46g	1 cup 140g
Proximates				
Water	g	4.73	2.18	6.62
Energy	kcal	584	269	818
Protein	g	20.78	9.56	29.09
Total lipid (fat)	g	51.46	23.67	72.04
Carbohydrate, by difference	g	20.00	9.20	28.00
Fiber, total dietary	g	8.6	4.0	12.0
Sugars, total	g	2.62	1.21	3.67
Minerals				
Calcium, Ca	mg	78	36	109
Iron, Fe	mg	5.25	2.42	7.35
Magnesium, Mg	mg	325	150	455
Phosphorus, P	mg	660	304	924
Potassium, K	mg	645	297	903
Sodium, Na	mg	9	4	13
Zinc, Zn	mg	5.00	2.30	7.00
Vitamins				
Vitamin C, total ascorbic acid	mg	1.4	0.6	2.0
Thiamin	mg	1.480	0.681	2.072
Riboflavin	mg	0.355	0.163	0.497
Niacin	mg	8.335	3.834	11.669
Vitamin B-6	mg	1.345	0.619	1.883
Folate, DFE	µg	227	104	318
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	3	1	4
Vitamin A, IU	IU	50	23	70
Vitamin E (alpha-tocopherol)	mg	35.17	16.18	49.24

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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	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	4.455	2.049	6.237
Fatty acids, total monounsaturated	g	18.528	8.523	25.939
Fatty acids, total polyunsaturated	g	23.137	10.643	32.392
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0