

Basic Report 12220, Seeds, flaxseed [a](#) [b](#)

Report Date: July 16, 2019 02:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp, whole 10.3g	1 cup, whole 168g	1 tbsp, ground 7g	1 tsp, whole 3.4g	1 tsp, ground 2.5g
Proximates							
Water	g	6.96	0.72	11.69	0.49	0.24	0.17
Energy	kcal	534	55	897	37	18	13
Protein	g	18.29	1.88	30.73	1.28	0.62	0.46
Total lipid (fat)	g	42.16	4.34	70.83	2.95	1.43	1.05
Carbohydrate, by difference	g	28.88	2.97	48.52	2.02	0.98	0.72
Fiber, total dietary	g	27.3	2.8	45.9	1.9	0.9	0.7
Sugars, total	g	1.55	0.16	2.60	0.11	0.05	0.04
Minerals							
Calcium, Ca	mg	255	26	428	18	9	6
Iron, Fe	mg	5.73	0.59	9.63	0.40	0.19	0.14
Magnesium, Mg	mg	392	40	659	27	13	10
Phosphorus, P	mg	642	66	1079	45	22	16
Potassium, K	mg	813	84	1366	57	28	20
Sodium, Na	mg	30	3	50	2	1	1
Zinc, Zn	mg	4.34	0.45	7.29	0.30	0.15	0.11
Vitamins							
Vitamin C, total ascorbic acid	mg	0.6	0.1	1.0	0.0	0.0	0.0
Thiamin	mg	1.644	0.169	2.762	0.115	0.056	0.041
Riboflavin	mg	0.161	0.017	0.270	0.011	0.005	0.004
Niacin	mg	3.080	0.317	5.174	0.216	0.105	0.077
Vitamin B-6	mg	0.473	0.049	0.795	0.033	0.016	0.012
Folate, DFE	µg	87	9	146	6	3	2
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0	0	0
Vitamin A, IU	IU	0	0	0	0	0	0

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Vitamin E (alpha-tocopherol)	mg	0.31	0.03	0.52	0.02	0.01	0.01
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	4.3	0.4	7.2	0.3	0.1	0.1
Lipids							
Fatty acids, total saturated	g	3.663	0.377	6.154	0.256	0.125	0.092
Fatty acids, total monounsaturated	g	7.527	0.775	12.645	0.527	0.256	0.188
Fatty acids, total polyunsaturated	g	28.730	2.959	48.266	2.011	0.977	0.718
Cholesterol	mg	0	0	0	0	0	0
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0

Footnotes

^a Up to 12 percent flax seed can safely be used as an ingredient in food.

^b Other phytosterols = 49.0 mg/100g; these include delta 5-avenasterol (21.2), campestanol (2.8), brassicasterol (1.1) and other minor phytosterols (23.9 mg).