

Basic Report 12663, Seeds, pumpkin and squash seeds, whole, roasted, with salt added

Report Date: September 20, 2019 06:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup 32g	1 oz (85 seeds) 28.35g
Proximates				
Water	g	4.50	1.44	1.28
Energy	kcal	446	143	126
Protein	g	18.55	5.94	5.26
Total lipid (fat)	g	19.40	6.21	5.50
Carbohydrate, by difference	g	53.75	17.20	15.24
Fiber, total dietary	g	18.4	5.9	5.2
Minerals				
Calcium, Ca	mg	55	18	16
Iron, Fe	mg	3.31	1.06	0.94
Magnesium, Mg	mg	262	84	74
Phosphorus, P	mg	92	29	26
Potassium, K	mg	919	294	261
Sodium, Na ^a	mg	2541	813	720
Zinc, Zn	mg	10.30	3.30	2.92
Vitamins				
Vitamin C, total ascorbic acid	mg	0.3	0.1	0.1
Thiamin	mg	0.034	0.011	0.010
Riboflavin	mg	0.052	0.017	0.015
Niacin	mg	0.286	0.092	0.081
Vitamin B-6	mg	0.037	0.012	0.010
Folate, DFE	µg	9	3	3
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	3	1	1
Vitamin A, IU	IU	62	20	18
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

Nutrient	Unit	1 Value Per100 g	0.5 cup 32g	1 oz (85 seeds) 28.35g
Lipids				
Fatty acids, total saturated	g	3.670	1.174	1.040
Fatty acids, total monounsaturated	g	6.032	1.930	1.710
Fatty acids, total polyunsaturated	g	8.844	2.830	2.507
Cholesterol	mg	0	0	0

Amino Acids

Other

Footnotes

^a Sodium value reflects edible shells infused with salt. Brands vary in sodium level.