

Basic Report 16069, Lentils, raw

Report Date: December 13, 2018 15:34 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 192g	1 tablespoon 12g
Proximates				
Water	g	8.26	15.86	0.99
Energy	kcal	352	676	42
Protein	g	24.63	47.29	2.96
Total lipid (fat)	g	1.06	2.04	0.13
Carbohydrate, by difference	g	63.35	121.63	7.60
Fiber, total dietary	g	10.7	20.5	1.3
Sugars, total	g	2.03	3.90	0.24
Minerals				
Calcium, Ca	mg	35	67	4
Iron, Fe	mg	6.51	12.50	0.78
Magnesium, Mg	mg	47	90	6
Phosphorus, P	mg	281	540	34
Potassium, K	mg	677	1300	81
Sodium, Na	mg	6	12	1
Zinc, Zn	mg	3.27	6.28	0.39
Vitamins				
Vitamin C, total ascorbic acid	mg	4.5	8.6	0.5
Thiamin	mg	0.873	1.676	0.105
Riboflavin	mg	0.211	0.405	0.025
Niacin	mg	2.605	5.002	0.313
Vitamin B-6	mg	0.540	1.037	0.065
Folate, DFE	µg	479	920	57
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	2	4	0
Vitamin A, IU	IU	39	75	5
Vitamin E (alpha-tocopherol)	mg	0.49	0.94	0.06

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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	5.0	9.6	0.6
Lipids				
Fatty acids, total saturated	g	0.154	0.296	0.018
Fatty acids, total monounsaturated	g	0.193	0.371	0.023
Fatty acids, total polyunsaturated	g	0.526	1.010	0.063
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0