

## Basic Report 16070, Lentils, mature seeds, cooked, boiled, without salt

Report Date: August 25, 2019 00:50 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.25 cup 49.5g	1 tbsp 12.3g
<b>Proximates</b>				
Water	g	69.64	34.47	8.57
Energy	kcal	116	57	14
Protein	g	9.02	4.46	1.11
Total lipid (fat)	g	0.38	0.19	0.05
Carbohydrate, by difference	g	20.13	9.96	2.48
Fiber, total dietary	g	7.9	3.9	1.0
Sugars, total	g	1.80	0.89	0.22
<b>Minerals</b>				
Calcium, Ca	mg	19	9	2
Iron, Fe	mg	3.33	1.65	0.41
Magnesium, Mg	mg	36	18	4
Phosphorus, P	mg	180	89	22
Potassium, K	mg	369	183	45
Sodium, Na	mg	2	1	0
Zinc, Zn	mg	1.27	0.63	0.16
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	1.5	0.7	0.2
Thiamin	mg	0.169	0.084	0.021
Riboflavin	mg	0.073	0.036	0.009
Niacin	mg	1.060	0.525	0.130
Vitamin B-6	mg	0.178	0.088	0.022
Folate, DFE	µg	181	90	22
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	8	4	1
Vitamin E (alpha-tocopherol)	mg	0.11	0.05	0.01

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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	1.7	0.8	0.2
<b>Lipids</b>				
Fatty acids, total saturated	g	0.053	0.026	0.007
Fatty acids, total monounsaturated	g	0.064	0.032	0.008
Fatty acids, total polyunsaturated	g	0.175	0.087	0.022
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0