

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

Report Date: August 18, 2019 01:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 198g	1 tbsp 12.3g
Proximates				
Water	g	69.64	137.89	8.57
Energy	kcal	116	230	14
Protein	g	9.02	17.86	1.11
Total lipid (fat)	g	0.38	0.75	0.05
Carbohydrate, by difference	g	20.13	39.86	2.48
Fiber, total dietary	g	7.9	15.6	1.0
Sugars, total	g	1.80	3.56	0.22
Minerals				
Calcium, Ca	mg	19	38	2
Iron, Fe	mg	3.33	6.59	0.41
Magnesium, Mg	mg	36	71	4
Phosphorus, P	mg	180	356	22
Potassium, K	mg	369	731	45
Sodium, Na	mg	2	4	0
Zinc, Zn	mg	1.27	2.51	0.16
Vitamins				
Vitamin C, total ascorbic acid	mg	1.5	3.0	0.2
Thiamin	mg	0.169	0.335	0.021
Riboflavin	mg	0.073	0.145	0.009
Niacin	mg	1.060	2.099	0.130
Vitamin B-6	mg	0.178	0.352	0.022
Folate, DFE	µg	181	358	22
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	8	16	1
Vitamin E (alpha-tocopherol)	mg	0.11	0.22	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	3.4	0.2
Lipids				
Fatty acids, total saturated	g	0.053	0.105	0.007
Fatty acids, total monounsaturated	g	0.064	0.127	0.008
Fatty acids, total polyunsaturated	g	0.175	0.346	0.022
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0