

## Basic Report 16144, Lentils, pink or red, raw

Report Date: September 18, 2019 08:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 192g
<b>Proximates</b>			
Water	g	7.82	15.01
Energy	kcal	358	687
Protein	g	23.91	45.91
Total lipid (fat)	g	2.17	4.17
Carbohydrate, by difference	g	63.10	121.15
Fiber, total dietary	g	10.8	20.7
<b>Minerals</b>			
Calcium, Ca	mg	48	92
Iron, Fe	mg	7.39	14.19
Magnesium, Mg	mg	59	113
Phosphorus, P	mg	294	564
Potassium, K	mg	668	1283
Sodium, Na	mg	7	13
Zinc, Zn	mg	3.60	6.91
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	1.7	3.3
Thiamin	mg	0.510	0.979
Riboflavin	mg	0.106	0.204
Niacin	mg	1.495	2.870
Vitamin B-6	mg	0.403	0.774
Folate, DFE	µg	204	392
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	3	6
Vitamin A, IU	IU	58	111
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 192g</b>
<b>Lipids</b>			
Fatty acids, total saturated	g	0.379	0.728
Fatty acids, total monounsaturated	g	0.500	0.960
Fatty acids, total polyunsaturated	g	1.137	2.183
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

**Amino Acids**

**Other**