

Full Report (All Nutrients) 11001, Alfalfa seeds, sprouted, raw

Report Date: March 22, 2018 13:55 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 33g	1 tbsp 3g
Proximates						
Water	g	92.82	6	0.299	30.63	2.78
Energy	kcal	23	--	--	8	1
Energy	kJ	96	--	--	32	3
Protein	g	3.99	10	0.563	1.32	0.12
Total lipid (fat)	g	0.69	10	0.141	0.23	0.02
Ash	g	0.40	10	0.044	0.13	0.01
Carbohydrate, by difference	g	2.10	--	--	0.69	0.06
Fiber, total dietary	g	1.9	--	--	0.6	0.1
Sugars, total	g	0.20	--	--	0.07	0.01
Sucrose	g	0.00	3	--	0.00	0.00
Glucose (dextrose)	g	0.08	5	0.039	0.03	0.00
Fructose	g	0.12	6	0.059	0.04	0.00
Lactose	g	0.00	--	--	0.00	0.00
Maltose	g	0.00	--	--	0.00	0.00
Galactose	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca	mg	32	10	4.659	11	1
Iron, Fe	mg	0.96	10	0.114	0.32	0.03
Magnesium, Mg	mg	27	10	3.978	9	1
Phosphorus, P	mg	70	10	7.914	23	2
Potassium, K	mg	79	10	9.790	26	2
Sodium, Na	mg	6	10	1.094	2	0

Nutrient	Unit	1			1 cup 33g	1 tbsp 3g
		Value Per100 g	Data points	Std. Error		
Zinc, Zn	mg	0.92	10	0.273	0.30	0.03
Copper, Cu	mg	0.157	10	0.017	0.052	0.005
Manganese, Mn	mg	0.188	10	0.019	0.062	0.006
Selenium, Se	µg	0.6	--	--	0.2	0.0
Vitamins						
Vitamin C, total ascorbic acid	mg	8.2	10	0.678	2.7	0.2
Thiamin	mg	0.076	10	0.005	0.025	0.002
Riboflavin	mg	0.126	10	0.017	0.042	0.004
Niacin	mg	0.481	10	0.044	0.159	0.014
Pantothenic acid	mg	0.563	10	0.069	0.186	0.017
Vitamin B-6	mg	0.034	10	0.005	0.011	0.001
Folate, total	µg	36	10	0.800	12	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	36	10	0.800	12	1
Folate, DFE	µg	36	--	--	12	1
Choline, total 1	mg	14.4	--	--	4.8	0.4
Betaine 1	mg	0.4	1	--	0.1	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	8	--	--	3	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	87	--	--	29	3
Carotene, alpha	µg	6	--	--	2	0
Cryptoxanthin, beta	µg	6	--	--	2	0
Vitamin A, IU	IU	155	--	--	51	5
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	0.01	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	30.5	--	--	10.1	0.9

Lipids

Nutrient	Unit	1			1 cup 33g	1 tbsp 3g
		Value Per100 g	Data points	Std. Error		
Fatty acids, total saturated	g	0.069	--	--	0.023	0.002
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.002	--	--	0.001	0.000
16:0	g	0.059	--	--	0.019	0.002
18:0	g	0.008	--	--	0.003	0.000
Fatty acids, total monounsaturated	g	0.056	--	--	0.018	0.002
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.056	--	--	0.018	0.002
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.409	--	--	0.135	0.012
18:2 undifferentiated	g	0.234	--	--	0.077	0.007
18:3 undifferentiated	g	0.175	--	--	0.058	0.005
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Threonine	g	0.134	1	--	0.044	0.004
Isoleucine	g	0.143	1	--	0.047	0.004
Leucine	g	0.267	1	--	0.088	0.008
Lysine	g	0.214	1	--	0.071	0.006
Valine	g	0.145	1	--	0.048	0.004
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 33g	1 tbsp 3g
Theobromine	mg	0	--	--	0	0
Flavonoids						
Flavones						
Apigenin 2	mg	0.0	1	--	0.0	0.0
Luteolin 2	mg	0.0	1	--	0.0	0.0
Flavonols						
Kaempferol 2	mg	0.0	1	--	0.0	0.0
Myricetin 2	mg	0.0	1	--	0.0	0.0
Quercetin 2	mg	1.7	1	--	0.6	0.1
Isoflavones						
Daidzein 3 4 5 6	mg	0.02	8	0.05	0.01	0.00
Genistein 3 4 5 6	mg	0.02	8	0.04	0.01	0.00
Glycitein 4 6	mg	0.00	6	0	0.00	0.00
Total isoflavones 3 4 5 6	mg	0.04	8	0.09	0.01	0.00
Biochanin A	mg	0.03	2	--	0.01	0.00
Formononetin	mg	1.43	3	2.14	0.47	0.04
Coumestrol	mg	1.60	3	2.67	0.53	0.05

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD

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