

## Full Report (All Nutrients) 11248, Lentils, sprouted, raw

Report Date: September 18, 2019 18:03 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 77g
<b>Proximates</b>					
Water	g	67.34	9	2.380	51.85
Energy	kcal	106	--	--	82
Energy	kJ	444	--	--	342
Protein	g	8.96	9	0.600	6.90
Total lipid (fat)	g	0.55	9	0.030	0.42
Ash	g	1.00	9	0.070	0.77
Carbohydrate, by difference	g	22.14	--	--	17.05
<b>Minerals</b>					
Calcium, Ca	mg	25	9	0.000	19
Iron, Fe	mg	3.21	9	0.260	2.47
Magnesium, Mg	mg	37	9	2.000	28
Phosphorus, P	mg	173	9	11.000	133
Potassium, K	mg	322	9	22.000	248
Sodium, Na	mg	11	9	5.000	8
Zinc, Zn	mg	1.51	9	0.120	1.16
Copper, Cu	mg	0.352	9	0.020	0.271
Manganese, Mn	mg	0.506	9	0.034	0.390
Selenium, Se	µg	0.6	--	--	0.5
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	16.5	9	1.700	12.7
Thiamin	mg	0.228	9	0.020	0.176
Riboflavin	mg	0.128	9	0.012	0.099

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>Data points</b>	<b>Std. Error</b>	<b>1 cup 77g</b>
Niacin	mg	1.128	9	0.073	0.869
Pantothenic acid	mg	0.578	9	0.028	0.445
Vitamin B-6	mg	0.190	9	0.009	0.146
Folate, total	µg	100	9	9.000	77
Folic acid	µg	0	--	--	0
Folate, food	µg	100	9	9.000	77
Folate, DFE	µg	100	--	--	77
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	2	9	0.000	2
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	45	9	8.000	35
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.057	--	--	0.044
16:0	g	0.052	1	--	0.040
18:0	g	0.006	1	--	0.005
Fatty acids, total monounsaturated	g	0.104	--	--	0.080
18:1 undifferentiated	g	0.104	1	--	0.080
Fatty acids, total polyunsaturated	g	0.219	--	--	0.169
18:2 undifferentiated	g	0.181	1	--	0.139
18:3 undifferentiated	g	0.038	1	--	0.029
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Threonine	g	0.328	1	--	0.253
Isoleucine	g	0.326	1	--	0.251
Leucine	g	0.628	1	--	0.484
Lysine	g	0.712	1	--	0.548
Methionine	g	0.105	1	--	0.081
Cystine	g	0.334	1	--	0.257
Phenylalanine	g	0.442	1	--	0.340
Tyrosine	g	0.252	1	--	0.194

Nutrient	Unit	1			1 cup 77g
		Value Per100 g	Data points	Std. Error	
Valine	g	0.399	1	--	0.307
Arginine	g	0.611	1	--	0.470
Histidine	g	0.257	1	--	0.198
Alanine	g	0.356	1	--	0.274
Aspartic acid	g	1.433	1	--	1.103
Glutamic acid	g	1.258	1	--	0.969
Glycine	g	0.319	1	--	0.246
Proline	g	0.356	1	--	0.274
Serine	g	0.495	1	--	0.381

**Other**

**Flavonoids**

Proanthocyanidin

Proanthocyanidin dimers <sup>1</sup>	mg	1.9	1	--	1.4
Proanthocyanidin trimers <sup>1</sup>	mg	0.0	1	--	0.0
Proanthocyanidin 4-6mers <sup>1</sup>	mg	0.1	1	--	0.1

<sup>1</sup>Bartolome, B., Estrella, I., and Hernandez, T. **Changes in phenolic compounds in lentils (*Lens culinaris*) during germination and fermentation**, 1997 Z. Lebensm Unters Forsch A. 205 pp.290-294

**Langual Code(s)**

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1268 LENTIL
- C0183 SPROUT
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION