

Basic Report 11001, Alfalfa seeds, sprouted, raw

Report Date: November 14, 2018 06:14 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 33g	1 tbsp 3g
Proximates				
Water	g	92.82	30.63	2.78
Energy	kcal	23	8	1
Protein	g	3.99	1.32	0.12
Total lipid (fat)	g	0.69	0.23	0.02
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
Minerals				
Calcium, Ca	mg	32	11	1
Iron, Fe	mg	0.96	0.32	0.03
Magnesium, Mg	mg	27	9	1
Phosphorus, P	mg	70	23	2
Potassium, K	mg	79	26	2
Sodium, Na	mg	6	2	0
Zinc, Zn	mg	0.92	0.30	0.03
Vitamins				
Vitamin C, total ascorbic acid	mg	8.2	2.7	0.2
Thiamin	mg	0.076	0.025	0.002
Riboflavin	mg	0.126	0.042	0.004
Niacin	mg	0.481	0.159	0.014
Vitamin B-6	mg	0.034	0.011	0.001
Folate, DFE	µg	36	12	1
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	8	3	0
Vitamin A, IU	IU	155	51	5
Vitamin E (alpha-tocopherol)	mg	0.02	0.01	0.00

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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	30.5	10.1	0.9
Lipids				
Fatty acids, total saturated	g	0.069	0.023	0.002
Fatty acids, total monounsaturated	g	0.056	0.018	0.002
Fatty acids, total polyunsaturated	g	0.409	0.135	0.012
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0