

**Basic Report 12016, Seeds, pumpkin and squash seed kernels, roasted, without salt [a](#)**

**Report Date: August 25, 2019 03:02 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 118g	1 oz 28.35g
<b>Proximates</b>				
Water	g	2.03	2.40	0.58
Energy	kcal	574	677	163
Protein	g	29.84	35.21	8.46
Total lipid (fat)	g	49.05	57.88	13.91
Carbohydrate, by difference	g	14.71	17.36	4.17
Fiber, total dietary	g	6.5	7.7	1.8
Sugars, total	g	1.29	1.52	0.37
<b>Minerals</b>				
Calcium, Ca	mg	52	61	15
Iron, Fe	mg	8.07	9.52	2.29
Magnesium, Mg	mg	550	649	156
Phosphorus, P	mg	1174	1385	333
Potassium, K	mg	788	930	223
Sodium, Na	mg	18	21	5
Zinc, Zn	mg	7.64	9.02	2.17
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	1.8	2.1	0.5
Thiamin	mg	0.070	0.083	0.020
Riboflavin	mg	0.150	0.177	0.043
Niacin	mg	4.430	5.227	1.256
Vitamin B-6	mg	0.100	0.118	0.028
Folate, DFE	µg	57	67	16
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	8	9	2

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Vitamin E (alpha-tocopherol)	mg	0.56	0.66	0.16
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	4.5	5.3	1.3
<b>Lipids</b>				
Fatty acids, total saturated	g	8.544	10.082	2.422
Fatty acids, total monounsaturated	g	15.734	18.566	4.461
Fatty acids, total polyunsaturated	g	19.856	23.430	5.629
Fatty acids, total trans	g	0.042	0.050	0.012
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0

**Footnotes**

<sup>a</sup> Other phytosterols total 248.8 mg/100g; these include delta 5-avenasterol (3.5), sitostanol (3.5), campestanol (.8), and other minor phytosterols (241 mg).