

Full Report (All Nutrients) 12038, Seeds, sunflower seed kernels, oil roasted, without salt

Report Date: September 20, 2019 06:27 EDT

Nutrient values and weights are for edible portion.

Food Group : Nut and Seed Products

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:5.3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 135g	1 oz 28.35g
Proximates						
Water 1 2 3	g	1.54	5	--	2.08	0.44
Energy	kcal	592	--	--	799	168
Energy	kJ	2477	--	--	3344	702
Protein 1 2	g	20.06	2	--	27.08	5.69
Total lipid (fat) a 1 2	g	51.30	2	--	69.25	14.54
Ash 1 2	g	4.22	2	--	5.70	1.20
Carbohydrate, by difference	g	22.89	--	--	30.90	6.49
Fiber, total dietary 1	g	10.6	1	--	14.3	3.0
Sugars, total 1 2 3	g	3.11	5	--	4.20	0.88
Sucrose 1 2 3	g	2.37	5	--	3.20	0.67
Glucose (dextrose) 1 2 3	g	0.74	5	--	1.00	0.21
Fructose 1 2	g	0.00	2	--	0.00	0.00
Lactose 1 2	g	0.00	2	--	0.00	0.00
Maltose 1 2	g	0.00	2	--	0.00	0.00
Minerals						
Calcium, Ca 1 2	mg	87	2	--	117	25
Iron, Fe 1 2	mg	4.28	2	--	5.78	1.21
Magnesium, Mg	mg	127	1	--	171	36
Phosphorus, P	mg	1139	1	--	1538	323
Potassium, K	mg	483	1	--	652	137
Sodium, Na	mg	3	--	--	4	1
Zinc, Zn	mg	5.21	--	--	7.03	1.48

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 135g	1 oz 28.35g
Copper, Cu	mg	1.804	--	--	2.435	0.511
Manganese, Mn	mg	2.080	--	--	2.808	0.590
Selenium, Se	µg	78.2	5	6.300	105.6	22.2
Vitamins						
Vitamin C, total ascorbic acid 1 2	mg	1.1	2	--	1.5	0.3
Thiamin	mg	0.320	1	--	0.432	0.091
Riboflavin	mg	0.280	1	--	0.378	0.079
Niacin	mg	4.130	1	--	5.575	1.171
Pantothenic acid	mg	6.942	--	--	9.372	1.968
Vitamin B-6	mg	0.792	--	--	1.069	0.225
Folate, total	µg	234	1	--	316	66
Folic acid	µg	0	--	--	0	0
Folate, food	µg	234	1	--	316	66
Folate, DFE	µg	234	--	--	316	66
Choline, total	mg	55.1	--	--	74.4	15.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE 1 4	µg	0	3	--	0	0
Retinol 1	µg	0	1	--	0	0
Carotene, beta 1 4	µg	5	3	--	7	1
Carotene, alpha 4	µg	0	2	--	0	0
Cryptoxanthin, beta 4	µg	0	2	--	0	0
Vitamin A, IU 1 4	IU	9	3	--	12	3
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol) b 5	mg	36.33	3	2.230	49.05	10.30
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta 5	mg	1.41	3	0.200	1.90	0.40
Tocopherol, gamma 5	mg	0.46	3	0.080	0.62	0.13
Tocopherol, delta 5	mg	0.00	3	0.000	0.00	0.00
Tocotrienol, alpha 5	mg	0.00	1	--	0.00	0.00
Tocotrienol, beta 5	mg	0.00	1	--	0.00	0.00
Tocotrienol, gamma 5	mg	0.00	1	--	0.00	0.00

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 135g	1 oz 28.35g
Tocotrienol, delta 5	mg	0.00	1	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phyloquinone)	µg	3.1	--	--	4.2	0.9
Lipids						
Fatty acids, total saturated	g	7.068	--	--	9.542	2.004
4:0 1	g	0.000	1	--	0.000	0.000
6:0 1	g	0.000	1	--	0.000	0.000
8:0 1	g	0.000	1	--	0.000	0.000
10:0 1	g	0.000	1	--	0.000	0.000
12:0 1	g	0.000	1	--	0.000	0.000
13:0 1	g	0.000	1	--	0.000	0.000
14:0 1 2	g	0.086	2	--	0.116	0.024
15:0 1 2	g	0.006	2	--	0.008	0.002
16:0 1 2	g	4.218	2	--	5.694	1.196
17:0 1 2	g	0.022	2	--	0.030	0.006
18:0 1 2	g	2.097	2	--	2.831	0.594
20:0 1 2	g	0.146	2	--	0.197	0.041
22:0 1 2	g	0.380	2	--	0.513	0.108
24:0 1 2	g	0.112	2	--	0.151	0.032
Fatty acids, total monounsaturated	g	8.063	--	--	10.885	2.286
14:1 1	g	0.000	1	--	0.000	0.000
15:1 1	g	0.000	1	--	0.000	0.000
16:1 undifferentiated	g	0.058	--	--	0.078	0.016
16:1 c 2	g	0.050	1	--	0.068	0.014
16:1 t 2	g	0.008	1	--	0.011	0.002
17:1 1 2	g	0.003	2	--	0.004	0.001
18:1 undifferentiated	g	7.925	--	--	10.699	2.247
18:1 c 2	g	7.859	1	--	10.610	2.228
18:1 t 2	g	0.066	1	--	0.089	0.019
20:1 1 2	g	0.077	2	--	0.104	0.022
22:1 undifferentiated 1	g	0.000	1	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 135g	1 oz 28.35g
24:1 c 1	g	0.000	1	--	0.000	0.000
Fatty acids, total polyunsaturated	g	34.294	--	--	46.297	9.722
18:2 undifferentiated	g	34.208	--	--	46.181	9.698
18:2 n-6 c,c 2	g	34.124	1	--	46.067	9.674
18:2 t not further defined 2	g	0.084	1	--	0.113	0.024
18:3 undifferentiated	g	0.081	--	--	0.109	0.023
18:3 n-3 c,c,c (ALA) 2	g	0.076	1	--	0.103	0.022
18:3 n-6 c,c,c 2	g	0.006	1	--	0.008	0.002
18:4	g	0.000	--	--	0.000	0.000
20:2 n-6 c,c 1 2	g	0.005	2	--	0.007	0.001
20:3 undifferentiated 1	g	0.000	1	--	0.000	0.000
20:4 undifferentiated 1	g	0.000	1	--	0.000	0.000
20:5 n-3 (EPA) 1	g	0.000	1	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	1	--	0.000	0.000
Fatty acids, total trans	g	0.158	--	--	0.213	0.045
Fatty acids, total trans-monoenoic	g	0.074	--	--	0.100	0.021
Cholesterol 1 2	mg	0	2	--	0	0
Amino Acids						
Tryptophan	g	0.306	--	--	0.413	0.087
Threonine	g	0.817	--	--	1.103	0.232
Isoleucine	g	1.003	--	--	1.354	0.284
Leucine	g	1.461	--	--	1.972	0.414
Lysine	g	0.825	--	--	1.114	0.234
Methionine	g	0.435	--	--	0.587	0.123
Cystine	g	0.397	--	--	0.536	0.113
Phenylalanine	g	1.029	--	--	1.389	0.292
Tyrosine	g	0.587	--	--	0.792	0.166
Valine	g	1.158	--	--	1.563	0.328
Arginine	g	2.116	--	--	2.857	0.600
Histidine	g	0.556	--	--	0.751	0.158
Alanine	g	0.984	--	--	1.328	0.279
Aspartic acid	g	2.153	--	--	2.907	0.610

Nutrient	Unit	1			1 cup 135g	1 oz 28.35g
		Value Per100 g	Data points	Std. Error		
Glutamic acid	g	4.912	--	--	6.631	1.393
Glycine	g	1.286	--	--	1.736	0.365
Proline	g	1.040	--	--	1.404	0.295
Serine	g	0.947	--	--	1.278	0.268
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Isoflavones						
Daidzein 6 7 8	mg	0.00	3	0	0.00	0.00
Genistein 6 7 8	mg	0.00	3	0	0.00	0.00
Glycitein 8	mg	0.00	1	--	0.00	0.00
Total isoflavones 6 7 8	mg	0.00	3	0	0.00	0.00
Biochanin A	mg	0.00	1	--	0.00	0.00
Formononetin	mg	0.00	2	--	0.00	0.00
Coumestrol	mg	0.00	2	--	0.00	0.00

Sources of Data

¹Dahlgren & Company, Inc. **Sunflower analysis for Dahlgren & Company**, 1996 Crookston MN

²National Sunflower Association **Nutrient Analysis of Oil Roasted Sunflower Seeds**, 2000 Bismark ND

³Nutrient Data Laboratory, ARS, **USDA Variability of the sugar content of foods**, 1989 Beltsville MD

⁴Nutrient Data Laboratory, ARS, **USDA Nutrient content of ethnic and geographic specific foods, Southern Testing and Research Laboratories**, 1995 Beltsville MD

⁵National Sunflower Association **National Sunflower Association Analysis of Vitamin E in Dry Roasted and Oil Roasted Sunflower Seeds**, 2003 Bismark ND

⁶Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. **Assesing phytoestrogen exposure in epidemiologic studies: development of a database (United States)**, 2000 Cancer Causes and Control 11 pp.289-298

⁷Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts**, 2000 J. Nutr. Biochem. 11 pp.326-331

⁸Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. **Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan**, 2006 Nutr. Cancer 54 pp.184-201

Footnotes

^a Fat and fatty acids based on 25% roasted in cottonseed oil and 75% roasted in sunflower oil

^b Tocopherols and tocotrienols based on seeds roasted in NuSun sunflower oil

Langual Code(s)

- A0305 SEED OR SEED PRODUCT (US CFR)
- A1282 1200 NUT AND SEED PRODUCTS (USDA SR)
- B1547 SUNFLOWER
- C0132 SEED, SKIN REMOVED, GERM PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0014 FULLY HEAT-TREATED
- G0005 BAKED OR ROASTED
- G0025 COOKED WITH ADDED FAT OR OIL
- H0138 WATER REMOVED

- H0233 FAT OR OIL COATED
- J0116 DEHYDRATED OR DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- P0078 NO SALT ADDED CLAIM OR USE