

Basic Report 12096, Nuts, chestnuts, chinese, roasted

Report Date: September 20, 2019 06:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Proximates			
Water	g	40.20	11.40
Energy	kcal	239	68
Protein	g	4.48	1.27
Total lipid (fat)	g	1.19	0.34
Carbohydrate, by difference	g	52.36	14.84
Minerals			
Calcium, Ca	mg	19	5
Iron, Fe	mg	1.50	0.43
Magnesium, Mg	mg	90	26
Phosphorus, P	mg	102	29
Potassium, K	mg	477	135
Sodium, Na	mg	4	1
Zinc, Zn	mg	0.93	0.26
Vitamins			
Vitamin C, total ascorbic acid	mg	38.4	10.9
Thiamin	mg	0.150	0.043
Riboflavin	mg	0.090	0.026
Niacin	mg	1.500	0.425
Vitamin B-6	mg	0.437	0.124
Folate, DFE	µg	72	20
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	5	1
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Lipids			

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Fatty acids, total saturated	g	0.175	0.050
Fatty acids, total monounsaturated	g	0.620	0.176
Fatty acids, total polyunsaturated	g	0.307	0.087
Cholesterol	mg	0	0

Amino Acids

Other