

Basic Report 12160, Seeds, cottonseed kernels, roasted (glandless)

Report Date: August 18, 2019 00:48 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 149g	1 tbsp 10g
Proximates				
Water	g	4.65	6.93	0.47
Energy	kcal	506	754	51
Protein	g	32.59	48.56	3.26
Total lipid (fat)	g	36.29	54.07	3.63
Carbohydrate, by difference	g	21.90	32.63	2.19
Fiber, total dietary	g	5.5	8.2	0.6
Minerals				
Calcium, Ca	mg	100	149	10
Iron, Fe	mg	5.40	8.05	0.54
Magnesium, Mg	mg	440	656	44
Phosphorus, P	mg	800	1192	80
Potassium, K	mg	1350	2012	135
Sodium, Na	mg	25	37	2
Zinc, Zn	mg	6.00	8.94	0.60
Vitamins				
Vitamin C, total ascorbic acid	mg	9.0	13.4	0.9
Thiamin	mg	0.750	1.117	0.075
Riboflavin	mg	0.255	0.380	0.025
Niacin	mg	3.000	4.470	0.300
Vitamin B-6	mg	0.782	1.165	0.078
Folate, DFE	µg	233	347	23
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	22	33	2
Vitamin A, IU	IU	442	659	44
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

Nutrient	Unit	1 Value Per100 g	1 cup 149g	1 tbsp 10g
Lipids				
Fatty acids, total saturated	g	9.699	14.452	0.970
Fatty acids, total monounsaturated	g	6.919	10.309	0.692
Fatty acids, total polyunsaturated	g	18.068	26.921	1.807
Cholesterol	mg	0	0	0

Amino Acids

Other