

Basic Report 12174, Seeds, watermelon seed kernels, dried

Report Date: September 21, 2019 19:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 108g	1 oz 28.35g
Proximates				
Water	g	5.05	5.45	1.43
Energy	kcal	557	602	158
Protein	g	28.33	30.60	8.03
Total lipid (fat)	g	47.37	51.16	13.43
Carbohydrate, by difference	g	15.31	16.53	4.34
Minerals				
Calcium, Ca	mg	54	58	15
Iron, Fe	mg	7.28	7.86	2.06
Magnesium, Mg	mg	515	556	146
Phosphorus, P	mg	755	815	214
Potassium, K	mg	648	700	184
Sodium, Na	mg	99	107	28
Zinc, Zn	mg	10.24	11.06	2.90
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.190	0.205	0.054
Riboflavin	mg	0.145	0.157	0.041
Niacin	mg	3.550	3.834	1.006
Vitamin B-6	mg	0.089	0.096	0.025
Folate, DFE	µg	58	63	16
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

Lipids

Nutrient	Unit	1 Value Per100 g	1 cup 108g	1 oz 28.35g
Fatty acids, total saturated	g	9.779	10.561	2.772
Fatty acids, total monounsaturated	g	7.407	8.000	2.100
Fatty acids, total polyunsaturated	g	28.094	30.342	7.965
Cholesterol	mg	0	0	0

Amino Acids

Other