

Basic Report 12205, Seeds, lotus seeds, raw

Report Date: July 19, 2019 07:02 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Proximates			
Water	g	77.00	21.83
Energy	kcal	89	25
Protein	g	4.13	1.17
Total lipid (fat)	g	0.53	0.15
Carbohydrate, by difference	g	17.28	4.90
Minerals			
Calcium, Ca	mg	44	12
Iron, Fe	mg	0.95	0.27
Magnesium, Mg	mg	56	16
Phosphorus, P	mg	168	48
Potassium, K	mg	367	104
Sodium, Na	mg	1	0
Zinc, Zn	mg	0.28	0.08
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.171	0.048
Riboflavin	mg	0.040	0.011
Niacin	mg	0.429	0.122
Vitamin B-6	mg	0.168	0.048
Folate, DFE	µg	28	8
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	1	0
Vitamin A, IU	IU	13	4
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	0.088	0.025
Fatty acids, total monounsaturated	g	0.104	0.029
Fatty acids, total polyunsaturated	g	0.312	0.088
Cholesterol	mg	0	0
Amino Acids			
Other			