

Basic Report 11676, Radish seeds, sprouted, raw

Report Date: July 23, 2019 01:51 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 38g
Proximates			
Water	g	90.07	34.23
Energy	kcal	43	16
Protein	g	3.81	1.45
Total lipid (fat)	g	2.53	0.96
Carbohydrate, by difference	g	3.60	1.37
Minerals			
Calcium, Ca	mg	51	19
Iron, Fe	mg	0.86	0.33
Magnesium, Mg	mg	44	17
Phosphorus, P	mg	113	43
Potassium, K	mg	86	33
Sodium, Na	mg	6	2
Zinc, Zn	mg	0.56	0.21
Vitamins			
Vitamin C, total ascorbic acid	mg	28.9	11.0
Thiamin	mg	0.102	0.039
Riboflavin	mg	0.103	0.039
Niacin	mg	2.853	1.084
Vitamin B-6	mg	0.285	0.108
Folate, DFE	µg	95	36
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	20	8
Vitamin A, IU	IU	391	149
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Lipids			

Nutrient	Unit	1 Value Per100 g	1 cup 38g
Fatty acids, total saturated	g	0.767	0.291
Fatty acids, total monounsaturated	g	0.419	0.159
Fatty acids, total polyunsaturated	g	1.141	0.434
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other