

Basic Report 11926, Lentils, sprouted, cooked, stir-fried, with salt

Report Date: May 27, 2017 22:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	68.70
Energy	kcal	101
Protein	g	8.80
Total lipid (fat)	g	0.45
Carbohydrate, by difference	g	21.25
Minerals		
Calcium, Ca	mg	14
Iron, Fe	mg	3.10
Magnesium, Mg	mg	35
Phosphorus, P	mg	153
Potassium, K	mg	284
Sodium, Na	mg	246
Zinc, Zn	mg	1.60
Vitamins		
Vitamin C, total ascorbic acid	mg	12.6
Thiamin	mg	0.220
Riboflavin	mg	0.090
Niacin	mg	1.200
Vitamin B-6	mg	0.164
Folate, DFE	µg	67
Vitamin B-12	µg	0.00
Vitamin A, RAE	µg	2
Vitamin A, IU	IU	41
Vitamin D (D2 + D3)	µg	0.0
Vitamin D	IU	0

Lipids

Nutrient	Unit	1 Value Per100 g
Fatty acids, total saturated	g	0.053
Fatty acids, total monounsaturated	g	0.095
Fatty acids, total polyunsaturated	g	0.201
Fatty acids, total trans	g	0.000
Cholesterol	mg	0

Amino Acids

Other