

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

Report Date: February 23, 2018 19:33 EST

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