

**Full Report (All Nutrients) 12001, Seeds, breadfruit seeds, raw**

**Report Date: March 23, 2018 12:42 EDT**

Nutrient values and weights are for edible portion.

Food Group : Nut and Seed Products

**Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:5.3**

**Refuse:32% Refuse Description: Shells**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
<b>Proximates</b>					
Water	g	56.27	1	--	15.95
Energy	kcal	191	--	--	54
Energy	kJ	799	--	--	227
Protein	g	7.40	1	--	2.10
Total lipid (fat)	g	5.59	1	--	1.58
Ash	g	1.50	1	--	0.43
Carbohydrate, by difference	g	29.24	--	--	8.29
Fiber, total dietary	g	5.2	--	--	1.5
<b>Minerals</b>					
Calcium, Ca	mg	36	--	--	10
Iron, Fe	mg	3.67	--	--	1.04
Magnesium, Mg	mg	54	--	--	15
Phosphorus, P	mg	175	--	--	50
Potassium, K	mg	941	--	--	267
Sodium, Na	mg	25	--	--	7
Zinc, Zn	mg	0.90	--	--	0.26
Copper, Cu	mg	1.148	--	--	0.325
Manganese, Mn	mg	0.142	--	--	0.040
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	6.6	--	--	1.9
Thiamin	mg	0.482	--	--	0.137

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz. 28.35g
Riboflavin	mg	0.301	--	--	0.085
Niacin	mg	0.438	--	--	0.124
Pantothenic acid	mg	0.877	--	--	0.249
Vitamin B-6	mg	0.320	--	--	0.091
Folate, total	µg	53	--	--	15
Folic acid	µg	0	--	--	0
Folate, food	µg	53	--	--	15
Folate, DFE	µg	53	--	--	15
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	13	--	--	4
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	256	--	--	73
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	1.509	--	--	0.428
16:0	g	0.999	1	--	0.283
18:0	g	0.510	1	--	0.145
Fatty acids, total monounsaturated	g	0.712	--	--	0.202
16:1 undifferentiated	g	0.030	1	--	0.009
18:1 undifferentiated	g	0.682	1	--	0.193
Fatty acids, total polyunsaturated	g	2.977	--	--	0.844
18:2 undifferentiated	g	2.290	1	--	0.649
18:3 undifferentiated	g	0.687	1	--	0.195
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.123	2	--	0.035
Threonine	g	0.385	1	--	0.109
Isoleucine	g	0.443	1	--	0.126
Leucine	g	0.563	1	--	0.160
Lysine	g	0.570	1	--	0.162
Methionine	g	0.096	1	--	0.027
Cystine	g	0.116	1	--	0.033

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>Data points</b>	<b>Std. Error</b>	<b>1 oz 28.35g</b>
Phenylalanine	g	0.797	1	--	0.226
Tyrosine	g	0.544	1	--	0.154
Valine	g	0.535	1	--	0.152
Arginine	g	0.494	1	--	0.140
Histidine	g	0.207	1	--	0.059
Alanine	g	0.336	1	--	0.095
Aspartic acid	g	0.817	1	--	0.232
Glutamic acid	g	1.036	1	--	0.294
Glycine	g	0.465	1	--	0.132
Proline	g	0.369	1	--	0.105
Serine	g	0.496	1	--	0.141
<b>Other</b>					