

Basic Report 12037, Seeds, sunflower seed kernels, dry roasted, without salt

Report Date: July 18, 2019 09:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 128g	1 oz 28.35g
Proximates				
Water	g	1.20	1.54	0.34
Energy	kcal	582	745	165
Protein	g	19.33	24.74	5.48
Total lipid (fat)	g	49.80	63.74	14.12
Carbohydrate, by difference	g	24.07	30.81	6.82
Fiber, total dietary	g	11.1	14.2	3.1
Sugars, total	g	2.73	3.49	0.77
Minerals				
Calcium, Ca	mg	70	90	20
Iron, Fe	mg	3.80	4.86	1.08
Magnesium, Mg	mg	129	165	37
Phosphorus, P	mg	1155	1478	327
Potassium, K	mg	850	1088	241
Sodium, Na	mg	3	4	1
Zinc, Zn	mg	5.29	6.77	1.50
Vitamins				
Vitamin C, total ascorbic acid	mg	1.4	1.8	0.4
Thiamin	mg	0.106	0.136	0.030
Riboflavin	mg	0.246	0.315	0.070
Niacin	mg	7.042	9.014	1.996
Vitamin B-6	mg	0.804	1.029	0.228
Folate, DFE	µg	237	303	67
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	9	12	3
Vitamin E (alpha-tocopherol)	mg	26.10	33.41	7.40

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	2.7	3.5	0.8
Lipids				
Fatty acids, total saturated	g	5.219	6.680	1.480
Fatty acids, total monounsaturated	g	9.505	12.166	2.695
Fatty acids, total polyunsaturated	g	32.884	42.092	9.323
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0