

Basic Report 12093, Nuts, chestnuts, chinese, raw

Report Date: August 21, 2017 04:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Proximates			
Water	g	43.95	12.46
Energy	kcal	224	64
Protein	g	4.20	1.19
Total lipid (fat)	g	1.11	0.31
Carbohydrate, by difference	g	49.07	13.91
Minerals			
Calcium, Ca	mg	18	5
Iron, Fe	mg	1.41	0.40
Magnesium, Mg	mg	84	24
Phosphorus, P	mg	96	27
Potassium, K	mg	447	127
Sodium, Na	mg	3	1
Zinc, Zn	mg	0.87	0.25
Vitamins			
Vitamin C, total ascorbic acid	mg	36.0	10.2
Thiamin	mg	0.160	0.045
Riboflavin	mg	0.180	0.051
Niacin	mg	0.800	0.227
Vitamin B-6	mg	0.410	0.116
Folate, DFE	µg	68	19
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	10	3
Vitamin A, IU	IU	202	57
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Lipids			

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Fatty acids, total saturated	g	0.164	0.046
Fatty acids, total monounsaturated	g	0.581	0.165
Fatty acids, total polyunsaturated	g	0.288	0.082
Cholesterol	mg	0	0
Amino Acids			
Other			