

Basic Report 12094, Nuts, chestnuts, chinese, dried

Report Date: June 19, 2019 21:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Proximates			
Water	g	8.90	2.52
Energy	kcal	363	103
Protein	g	6.82	1.93
Total lipid (fat)	g	1.81	0.51
Carbohydrate, by difference	g	79.76	22.61
Minerals			
Calcium, Ca	mg	29	8
Iron, Fe	mg	2.29	0.65
Magnesium, Mg	mg	137	39
Phosphorus, P	mg	155	44
Potassium, K	mg	726	206
Sodium, Na	mg	5	1
Zinc, Zn	mg	1.41	0.40
Vitamins			
Vitamin C, total ascorbic acid	mg	58.5	16.6
Thiamin	mg	0.260	0.074
Riboflavin	mg	0.293	0.083
Niacin	mg	1.300	0.369
Vitamin B-6	mg	0.666	0.189
Folate, DFE	µg	110	31
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	16	5
Vitamin A, IU	IU	328	93
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	0.266	0.075
Fatty acids, total monounsaturated	g	0.945	0.268
Fatty acids, total polyunsaturated	g	0.468	0.133
Cholesterol	mg	0	0
Amino Acids			
Other			