

## Basic Report 12098, Nuts, chestnuts, european, raw, peeled

Report Date: July 19, 2019 06:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
<b>Proximates</b>			
Water	g	52.00	14.74
Energy	kcal	196	56
Protein	g	1.63	0.46
Total lipid (fat)	g	1.25	0.35
Carbohydrate, by difference	g	44.17	12.52
<b>Minerals</b>			
Calcium, Ca	mg	19	5
Iron, Fe	mg	0.94	0.27
Magnesium, Mg	mg	30	9
Phosphorus, P	mg	38	11
Potassium, K	mg	484	137
Sodium, Na	mg	2	1
Zinc, Zn	mg	0.49	0.14
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	40.2	11.4
Thiamin	mg	0.144	0.041
Riboflavin	mg	0.016	0.005
Niacin	mg	1.102	0.312
Vitamin B-6	mg	0.352	0.100
Folate, DFE	µg	58	16
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	1	0
Vitamin A, IU	IU	26	7
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

### Lipids

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 oz 28.35g</b>
Fatty acids, total saturated	g	0.235	0.067
Fatty acids, total monounsaturated	g	0.430	0.122
Fatty acids, total polyunsaturated	g	0.493	0.140
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			