

Basic Report 12101, Nuts, chestnuts, european, boiled and steamed

Report Date: August 20, 2019 21:55 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	.10 Value Per10 g	1 oz 28.35g
Proximates			
Water	g	6.82	19.32
Energy	kcal	13	37
Protein	g	0.20	0.57
Total lipid (fat)	g	0.14	0.39
Carbohydrate, by difference	g	2.78	7.87
Minerals			
Calcium, Ca	mg	5	13
Iron, Fe	mg	0.17	0.49
Magnesium, Mg	mg	5	15
Phosphorus, P	mg	10	28
Potassium, K	mg	72	203
Sodium, Na	mg	3	8
Zinc, Zn	mg	0.03	0.07
Vitamins			
Vitamin C, total ascorbic acid	mg	2.7	7.6
Thiamin	mg	0.015	0.042
Riboflavin	mg	0.010	0.029
Niacin	mg	0.073	0.207
Vitamin B-6	mg	0.023	0.066
Folate, DFE	µg	4	11
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	2	5
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Lipids			

Nutrient	Unit	.10 Value Per10 g	1 oz 28.35g
Fatty acids, total saturated	g	0.026	0.074
Fatty acids, total monounsaturated	g	0.048	0.135
Fatty acids, total polyunsaturated	g	0.055	0.155
Cholesterol	mg	0	0
Amino Acids			
Other			