

Full Report (All Nutrients) 12128, Nuts, ginkgo nuts, dried

Report Date: October 20, 2017 17:37 EDT

Nutrient values and weights are for edible portion.

Food Group : Nut and Seed Products

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:5.3

Refuse:24% Refuse Description: Shells

Nutrient	Unit	1.13 Value Per113 g	Data points	Std. Error	1 oz 28.35g
Proximates					
Water	g	14.01	--	--	3.52
Energy	kcal	393	--	--	99
Energy	kJ	1645	--	--	413
Protein	g	11.70	--	--	2.93
Total lipid (fat)	g	2.26	1	--	0.57
Ash	g	3.16	--	--	0.79
Carbohydrate, by difference	g	81.87	--	--	20.54
Minerals					
Calcium, Ca	mg	23	--	--	6
Iron, Fe	mg	1.81	--	--	0.45
Magnesium, Mg	mg	60	--	--	15
Phosphorus, P	mg	304	--	--	76
Potassium, K	mg	1128	--	--	283
Sodium, Na	mg	15	--	--	4
Zinc, Zn	mg	0.76	3	0.055	0.19
Copper, Cu	mg	0.606	3	0.073	0.152
Manganese, Mn	mg	0.249	3	0.020	0.062
Vitamins					
Vitamin C, total ascorbic acid	mg	33.1	--	--	8.3
Thiamin	mg	0.486	--	--	0.122
Riboflavin	mg	0.199	--	--	0.050

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Niacin	mg	13.257	--	--	3.326
Pantothenic acid	mg	1.520	1	--	0.381
Vitamin B-6	mg	0.724	--	--	0.182
Folate, total	µg	120	--	--	30
Folic acid	µg	0	--	--	0
Folate, food	µg	120	--	--	30
Folate, DFE	µg	120	--	--	30
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	62	--	--	16
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	1233	--	--	309
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.431	--	--	0.108
14:0	g	0.009	--	--	0.002
16:0	g	0.388	--	--	0.097
18:0	g	0.021	--	--	0.005
Fatty acids, total monounsaturated	g	0.835	--	--	0.210
16:1 undifferentiated	g	0.107	--	--	0.027
18:1 undifferentiated	g	0.690	--	--	0.173
20:1	g	0.012	--	--	0.003
Fatty acids, total polyunsaturated	g	0.833	--	--	0.209
18:2 undifferentiated	g	0.780	--	--	0.196
18:3 undifferentiated	g	0.028	--	--	0.007
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.192	--	--	0.048
Threonine	g	0.723	--	--	0.181
Isoleucine	g	0.565	--	--	0.142
Leucine	g	0.853	--	--	0.214
Lysine	g	0.558	--	--	0.140
Methionine	g	0.150	--	--	0.038

Nutrient	Unit	1.13 Value Per113 g	Data points	Std. Error	1 oz 28.35g
Cystine	g	0.062	--	--	0.016
Phenylalanine	g	0.461	--	--	0.116
Tyrosine	g	0.165	--	--	0.041
Valine	g	0.765	--	--	0.192
Arginine	g	1.136	--	--	0.285
Histidine	g	0.276	--	--	0.069
Alanine	g	0.668	--	--	0.168
Aspartic acid	g	1.467	--	--	0.368
Glutamic acid	g	2.261	--	--	0.567
Glycine	g	0.626	--	--	0.157
Proline	g	0.938	--	--	0.235
Serine	g	0.785	--	--	0.197
Other					