

Basic Report 12163, Seeds, pumpkin and squash seeds, whole, roasted, without salt

Report Date: August 21, 2019 09:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 64g	1 oz (85 seeds) 28.35g
Proximates				
Water	g	4.50	2.88	1.28
Energy	kcal	446	285	126
Protein	g	18.55	11.87	5.26
Total lipid (fat)	g	19.40	12.42	5.50
Carbohydrate, by difference	g	53.75	34.40	15.24
Fiber, total dietary	g	18.4	11.8	5.2
Minerals				
Calcium, Ca	mg	55	35	16
Iron, Fe	mg	3.31	2.12	0.94
Magnesium, Mg	mg	262	168	74
Phosphorus, P	mg	92	59	26
Potassium, K	mg	919	588	261
Sodium, Na	mg	18	12	5
Zinc, Zn	mg	10.30	6.59	2.92
Vitamins				
Vitamin C, total ascorbic acid	mg	0.3	0.2	0.1
Thiamin	mg	0.034	0.022	0.010
Riboflavin	mg	0.052	0.033	0.015
Niacin	mg	0.286	0.183	0.081
Vitamin B-6	mg	0.037	0.024	0.010
Folate, DFE	µg	9	6	3
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	3	2	1
Vitamin A, IU	IU	62	40	18
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

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Lipids				
Fatty acids, total saturated	g	3.670	2.349	1.040
Fatty acids, total monounsaturated	g	6.032	3.860	1.710
Fatty acids, total polyunsaturated	g	8.844	5.660	2.507
Cholesterol	mg	0	0	0

Amino Acids

Other