

**Basic Report 12167, Nuts, chestnuts, european, roasted**
**Report Date: January 21, 2019 07:14 EST**

Nutrient values and weights are for edible portion.

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 143g</b>	<b>1 oz 28.35g</b>	<b>10.0 kernels 84g</b>
<b>Proximates</b>					
Water	g	40.48	57.89	11.48	34.00
Energy	kcal	245	350	69	206
Protein	g	3.17	4.53	0.90	2.66
Total lipid (fat)	g	2.20	3.15	0.62	1.85
Carbohydrate, by difference	g	52.96	75.73	15.01	44.49
Fiber, total dietary	g	5.1	7.3	1.4	4.3
Sugars, total	g	10.60	15.16	3.01	8.90
<b>Minerals</b>					
Calcium, Ca	mg	29	41	8	24
Iron, Fe	mg	0.91	1.30	0.26	0.76
Magnesium, Mg	mg	33	47	9	28
Phosphorus, P	mg	107	153	30	90
Potassium, K	mg	592	847	168	497
Sodium, Na	mg	2	3	1	2
Zinc, Zn	mg	0.57	0.82	0.16	0.48
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	26.0	37.2	7.4	21.8
Thiamin	mg	0.243	0.347	0.069	0.204
Riboflavin	mg	0.175	0.250	0.050	0.147
Niacin	mg	1.342	1.919	0.380	1.127
Vitamin B-6	mg	0.497	0.711	0.141	0.417
Folate, DFE	µg	70	100	20	59
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	1	0	1
Vitamin A, IU	IU	24	34	7	20
Vitamin E (alpha-tocopherol)	mg	0.50	0.71	0.14	0.42

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	7.8	11.2	2.2	6.6
<b>Lipids</b>					
Fatty acids, total saturated	g	0.414	0.592	0.117	0.348
Fatty acids, total monounsaturated	g	0.759	1.085	0.215	0.638
Fatty acids, total polyunsaturated	g	0.869	1.243	0.246	0.730
Cholesterol	mg	0	0	0	0
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0