

Full Report (All Nutrients) 12205, Seeds, lotus seeds, raw

Report Date: July 20, 2019 22:20 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:47% Refuse Description: Shells

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Proximates					
Water	g	77.00	--	--	21.83
Energy	kcal	89	--	--	25
Energy	kJ	372	--	--	105
Protein	g	4.13	--	--	1.17
Total lipid (fat)	g	0.53	--	--	0.15
Ash	g	1.07	--	--	0.30
Carbohydrate, by difference	g	17.28	--	--	4.90
Minerals					
Calcium, Ca	mg	44	--	--	12
Iron, Fe	mg	0.95	--	--	0.27
Magnesium, Mg	mg	56	--	--	16
Phosphorus, P	mg	168	--	--	48
Potassium, K	mg	367	--	--	104
Sodium, Na	mg	1	--	--	0
Zinc, Zn	mg	0.28	--	--	0.08
Copper, Cu	mg	0.094	--	--	0.027
Manganese, Mn	mg	0.621	--	--	0.176
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.171	--	--	0.048
Riboflavin	mg	0.040	--	--	0.011

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz. 28.35g
Niacin	mg	0.429	--	--	0.122
Pantothenic acid	mg	0.228	--	--	0.065
Vitamin B-6	mg	0.168	--	--	0.048
Folate, total	µg	28	--	--	8
Folic acid	µg	0	--	--	0
Folate, food	µg	28	--	--	8
Folate, DFE	µg	28	--	--	8
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	1	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	13	--	--	4
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.088	--	--	0.025
14:0	g	0.001	1	--	0.000
16:0	g	0.077	1	--	0.022
Fatty acids, total monounsaturated	g	0.104	--	--	0.029
18:1 undifferentiated	g	0.062	1	--	0.018
20:1	g	0.012	1	--	0.003
22:1 undifferentiated	g	0.031	1	--	0.009
Fatty acids, total polyunsaturated	g	0.312	--	--	0.088
18:2 undifferentiated	g	0.285	1	--	0.081
18:3 undifferentiated	g	0.027	1	--	0.008
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.059	6	--	0.017
Threonine	g	0.200	6	--	0.057
Isoleucine	g	0.205	6	--	0.058
Leucine	g	0.326	6	--	0.092
Lysine	g	0.264	6	--	0.075
Methionine	g	0.072	6	--	0.020
Cystine	g	0.054	6	--	0.015

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Phenylalanine	g	0.206	6	--	0.058
Tyrosine	g	0.100	6	--	0.028
Valine	g	0.266	6	--	0.075
Arginine	g	0.338	6	--	0.096
Histidine	g	0.115	6	--	0.033
Alanine	g	0.239	6	--	0.068
Aspartic acid	g	0.505	6	--	0.143
Glutamic acid	g	0.957	6	--	0.271
Glycine	g	0.221	6	--	0.063
Proline	g	0.344	6	--	0.098
Serine	g	0.252	6	--	0.071

Other

Langual Code(s)

- A0305 SEED OR SEED PRODUCT (US CFR)
- A1282 1200 NUT AND SEED PRODUCTS (USDA SR)
- B1216 LOTUS
- C0114 SEED, SKIN UNDETERMINED, GERM REMOVED
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION