

Full Report (All Nutrients) 12516, Seeds, pumpkin and squash seed kernels, roasted, with salt added [a](#)

Report Date: September 23, 2019 09:34 EDT

Nutrient values and weights are for edible portion.

Food Group : Nut and Seed Products

Common Name: pepitas

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

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 118g	1 oz 28.35g
Proximates						
Water 1	g	2.03	1	--	2.40	0.58
Energy	kcal	574	--	--	677	163
Energy	kJ	2401	--	--	2833	681
Protein 1	g	29.84	1	--	35.21	8.46
Total lipid (fat) 1	g	49.05	1	--	57.88	13.91
Ash	g	4.37	1	--	5.16	1.24
Carbohydrate, by difference	g	14.71	--	--	17.36	4.17
Fiber, total dietary 1	g	6.5	1	--	7.7	1.8
Sugars, total 1	g	1.29	1	--	1.52	0.37
Sucrose 1	g	1.14	1	--	1.35	0.32
Glucose (dextrose) 1	g	0.07	1	--	0.08	0.02
Fructose 1	g	0.07	1	--	0.08	0.02
Lactose 1	g	0.00	1	--	0.00	0.00
Maltose 1	g	0.00	1	--	0.00	0.00
Galactose 1	g	0.00	1	--	0.00	0.00
Starch 1	g	0.74	1	--	0.87	0.21
Minerals						
Calcium, Ca 1 2	mg	52	2	--	61	15
Iron, Fe 1 2	mg	8.07	2	--	9.52	2.29
Magnesium, Mg 1 2	mg	550	2	--	649	156

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 118g	1 oz 28.35g
Phosphorus, P 1 2	mg	1174	2	--	1385	333
Potassium, K 1 2	mg	788	2	--	930	223
Sodium, Na b 2	mg	256	1	--	302	73
Zinc, Zn 1 2	mg	7.64	2	--	9.02	2.17
Copper, Cu 1 2	mg	1.275	2	--	1.504	0.361
Manganese, Mn 1 2	mg	4.490	2	--	5.298	1.273
Selenium, Se	µg	9.4	--	--	11.1	2.7
Vitamins						
Vitamin C, total ascorbic acid	mg	1.8	--	--	2.1	0.5
Thiamin 1	mg	0.070	1	--	0.083	0.020
Riboflavin 1	mg	0.150	1	--	0.177	0.043
Niacin 1	mg	4.430	1	--	5.227	1.256
Pantothenic acid 1	mg	0.570	1	--	0.673	0.162
Vitamin B-6 1	mg	0.100	1	--	0.118	0.028
Folate, total	µg	57	--	--	67	16
Folic acid	µg	0	--	--	0	0
Folate, food	µg	57	--	--	67	16
Folate, DFE	µg	57	--	--	67	16
Choline, total 3	mg	63.0	--	--	74.3	17.9
Betaine 3	mg	1.5	1	--	1.8	0.4
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE 1	µg	0	1	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta 1	µg	5	1	--	6	1
Carotene, alpha 1	µg	1	1	--	1	0
Cryptoxanthin, beta 1	µg	0	1	--	0	0
Vitamin A, IU 1	IU	8	1	--	9	2
Lycopene 1	µg	0	1	--	0	0
Lutein + zeaxanthin 1	µg	30	1	--	35	9
Vitamin E (alpha-tocopherol) 1	mg	0.56	1	--	0.66	0.16
Vitamin E, added	mg	0.00	--	--	0.00	0.00

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Tocopherol, beta 1	mg	0.09	1	--	0.11	0.03
Tocopherol, gamma 1	mg	12.73	1	--	15.02	3.61
Tocopherol, delta 1	mg	0.28	1	--	0.33	0.08
Tocotrienol, alpha 1	mg	0.00	1	--	0.00	0.00
Tocotrienol, beta 1	mg	0.00	1	--	0.00	0.00
Tocotrienol, gamma 1	mg	0.00	1	--	0.00	0.00
Tocotrienol, delta 1	mg	0.00	1	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) 1	µg	4.5	1	--	5.3	1.3
Lipids						
Fatty acids, total saturated	g	8.544	--	--	10.082	2.422
4:0 1	g	0.000	1	--	0.000	0.000
6:0 1	g	0.007	1	--	0.008	0.002
8:0 1	g	0.002	1	--	0.002	0.001
10:0 1	g	0.002	1	--	0.002	0.001
12:0 1	g	0.006	1	--	0.007	0.002
14:0 1	g	0.058	1	--	0.068	0.016
15:0 1	g	0.008	1	--	0.009	0.002
16:0 1	g	5.191	1	--	6.125	1.472
17:0 1	g	0.038	1	--	0.045	0.011
18:0 1	g	2.913	1	--	3.437	0.826
20:0 1	g	0.216	1	--	0.255	0.061
22:0 1	g	0.060	1	--	0.071	0.017
24:0 1	g	0.043	1	--	0.051	0.012
Fatty acids, total monounsaturated	g	15.734	--	--	18.566	4.461
14:1 1	g	0.000	1	--	0.000	0.000
15:1 1	g	0.000	1	--	0.000	0.000
16:1 undifferentiated 1	g	0.044	--	--	0.052	0.012
16:1 c 1	g	0.044	1	--	0.052	0.012
16:1 t 1	g	0.000	1	--	0.000	0.000
17:1 1	g	0.000	1	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 118g	1 oz 28.35g
18:1 undifferentiated 1	g	15.626	--	--	18.439	4.430
18:1 c 1	g	15.611	1	--	18.421	4.426
18:1 t 1	g	0.015	1	--	0.018	0.004
20:1 1	g	0.053	1	--	0.063	0.015
22:1 undifferentiated 1	g	0.001	--	--	0.001	0.000
22:1 c 1	g	0.000	1	--	0.000	0.000
22:1 t 1	g	0.001	1	--	0.001	0.000
24:1 c 1	g	0.010	1	--	0.012	0.003
Fatty acids, total polyunsaturated	g	19.856	--	--	23.430	5.629
18:2 undifferentiated 1	g	19.590	--	--	23.116	5.554
18:2 n-6 c,c 1	g	19.559	1	--	23.080	5.545
18:2 CLAs 1	g	0.005	1	--	0.006	0.001
18:2 t not further defined 1	g	0.026	1	--	0.031	0.007
18:3 undifferentiated 1	g	0.111	--	--	0.131	0.031
18:3 n-3 c,c,c (ALA) 1	g	0.111	1	--	0.131	0.031
18:3 n-6 c,c,c 1	g	0.000	1	--	0.000	0.000
18:4 1	g	0.000	1	--	0.000	0.000
20:2 n-6 c,c 1	g	0.012	1	--	0.014	0.003
20:3 undifferentiated 1	g	0.000	--	--	0.000	0.000
20:3 n-6 1	g	0.000	1	--	0.000	0.000
20:4 undifferentiated 1	g	0.123	1	--	0.145	0.035
20:5 n-3 (EPA) 1	g	0.000	1	--	0.000	0.000
22:4 1	g	0.005	1	--	0.006	0.001
22:5 n-3 (DPA) 1	g	0.000	1	--	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	1	--	0.000	0.000
Fatty acids, total trans	g	0.042	--	--	0.050	0.012
Fatty acids, total trans-monoenoic	g	0.016	--	--	0.019	0.005
Cholesterol	mg	0	--	--	0	0
Stigmasterol 4	mg	0	1	--	0	0
Campesterol 4	mg	3	1	--	4	1
Beta-sitosterol 4	mg	13	1	--	15	4

Amino Acids

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 118g	1 oz 28.35g
Tryptophan 1	g	0.569	--	--	0.671	0.161
Threonine 1	g	0.985	--	--	1.162	0.279
Isoleucine 1	g	1.265	--	--	1.493	0.359
Leucine 1	g	2.388	--	--	2.818	0.677
Lysine 1	g	1.220	--	--	1.440	0.346
Methionine 1	g	0.595	--	--	0.702	0.169
Cystine 1	g	0.327	--	--	0.386	0.093
Phenylalanine 1	g	1.711	--	--	2.019	0.485
Tyrosine 1	g	1.079	--	--	1.273	0.306
Valine 1	g	1.559	--	--	1.840	0.442
Arginine 1	g	5.284	--	--	6.235	1.498
Histidine 1	g	0.770	--	--	0.909	0.218
Alanine 1	g	1.466	--	--	1.730	0.416
Aspartic acid 1	g	2.922	--	--	3.448	0.828
Glutamic acid 1	g	6.108	--	--	7.207	1.732
Glycine 1	g	1.819	--	--	2.146	0.516
Proline 1	g	1.299	--	--	1.533	0.368
Serine 1	g	1.652	--	--	1.949	0.468
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12a, 2007 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 13a, 2008 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup VPI, NFNAP, 2006 Beltsville MD

⁴K.M. Phillips, D.M. Ruggio, M. Ashraf-Khorassani Phytosterol composition of nuts and seeds commonly consumed in the United States, 2005 Journal of Agricultural and Food Chemistry 53 pp.9436-9445

Footnotes

^a Other phytosterols total 248.8 mg/100g; these include delta 5-avenasterol (3.5), sitostanol (3.5), campestanol (.8), and other minor phytosterols (241 mg).

^b Sodium level varies by brand, depending on the amount of salt added.

Langual Code(s)

- A0305 SEED OR SEED PRODUCT (US CFR)
- A1282 1200 NUT AND SEED PRODUCTS (USDA SR)
- B2091 SQUASH, GOURD OR PUMPKIN
- C0132 SEED, SKIN REMOVED, GERM PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0014 FULLY HEAT-TREATED
- G0005 BAKED OR ROASTED

- H0138 WATER REMOVED
- H0367 SALT ADDED
- J0116 DEHYDRATED OR DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION