

Basic Report 16077, Lupins, mature seeds, cooked, boiled, without salt

Report Date: September 22, 2017 20:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 166g
Proximates			
Water	g	71.08	117.99
Energy	kcal	119	198
Protein	g	15.57	25.85
Total lipid (fat)	g	2.92	4.85
Carbohydrate, by difference	g	9.88	16.40
Fiber, total dietary	g	2.8	4.6
Minerals			
Calcium, Ca	mg	51	85
Iron, Fe	mg	1.20	1.99
Magnesium, Mg	mg	54	90
Phosphorus, P	mg	128	212
Potassium, K	mg	245	407
Sodium, Na	mg	4	7
Zinc, Zn	mg	1.38	2.29
Vitamins			
Vitamin C, total ascorbic acid	mg	1.1	1.8
Thiamin	mg	0.134	0.222
Riboflavin	mg	0.053	0.088
Niacin	mg	0.495	0.822
Vitamin B-6	mg	0.009	0.015
Folate, DFE	µg	59	98
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	7	12
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 cup 166g
Lipids			
Fatty acids, total saturated	g	0.346	0.574
Fatty acids, total monounsaturated	g	1.180	1.959
Fatty acids, total polyunsaturated	g	0.730	1.212
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other