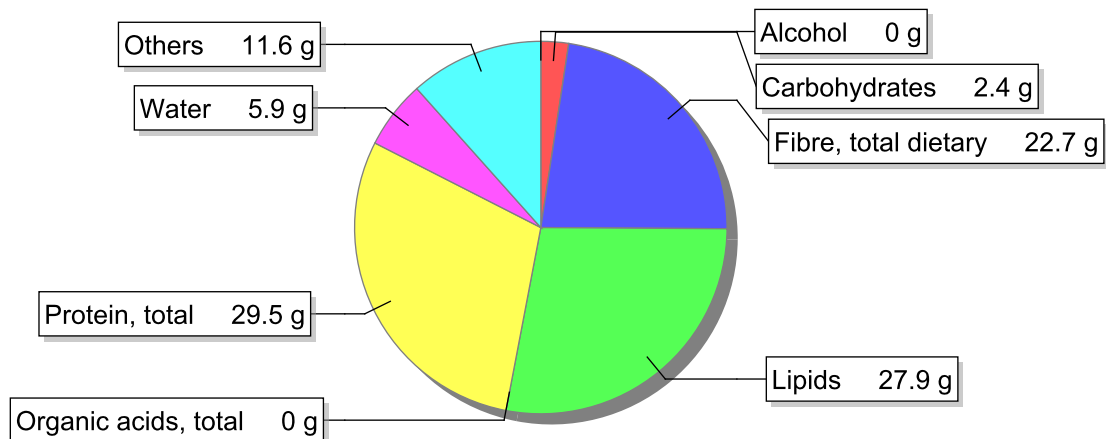
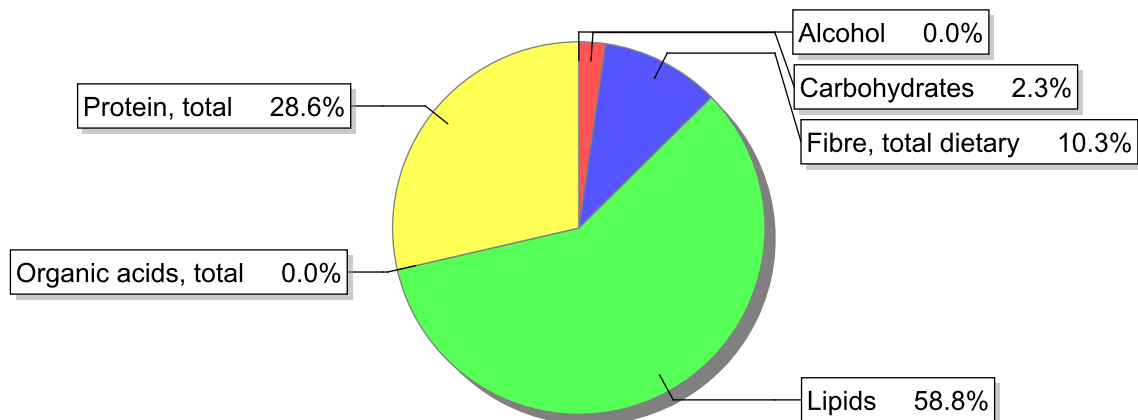


Food

Name: Hemp seeds, dried
Group: Todos
Subgroup:
Edible Part: 100%
Code:
FoodEX2 Code: A016B

Composition [g/100g]**Energy****Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	424	kcal	
energy kJ, total metabolisable	1760	kJ	
fatty acids, total saturated	2.9	g	663
fatty acids, total monounsaturated	3.5	g	663
fatty acids, total polyunsaturated	19.4	g	663
fatty acid 18:2 n-6 cis,cis	15.0	g	663
fatty acids, total trans	0	g	675
sugars, total	2.2	g	
sucrose	2.2	g	663

Name	Value	Unit	Source(s)
lactose	0	g	663
salt	0	g	
starch, total	0.1	g	663
protein, total	29.5	g	663
alcohol	0	g	
water	5.9	g	663
organic acids, total	0	g	
cholesterol	0	mg	663
vitamin A; retinol equiv from retinol and carotenoid activities	3	µg	
carotene, total (vitamin A precursors)	20	µg	
vitamin D	0	µg	663
alpha-tocopherol	1.8	mg	663
thiamin	0.35	mg	663
riboflavin	0.19	mg	663
niacin, preformed	2.3	mg	663
niacin equivalents, total	8.45	mg	
niacin equivalents from tryptophan	6.15	mg	
vitamin B-6, total	0.39	mg	663
vitamin B-12	0	µg	663
vitamin C	0	mg	663
folate, total	81	µg	663
iodide	0	µg	663
sodium	2	mg	663
potassium	340	mg	663
calcium	130	mg	663
phosphorus	1100	mg	663
magnesium	390	mg	663
iron, total	13	mg	663
zinc	6	mg	663

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
663	Standard Tables of Food Composition in Japan -2015- (Seventh Revised Edition)
675	USDA FoodData Central