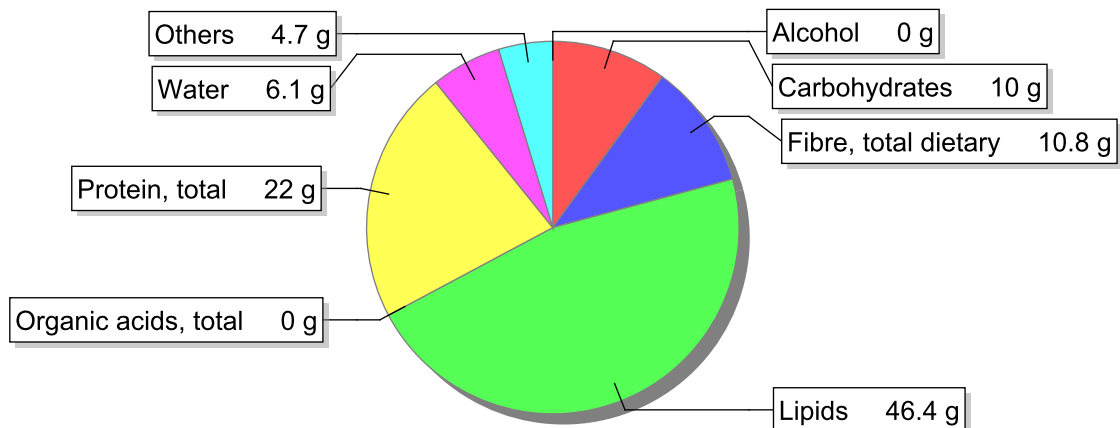


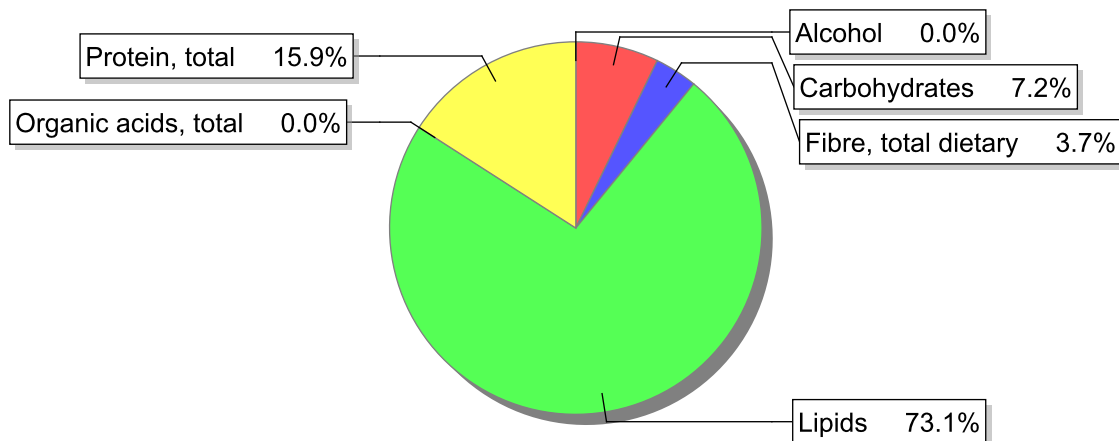
Food

Name: Pumpkin seeds, raw, dried, kernel
Group: Todos
Subgroup:
Edible Part: 100%
Code:
FoodEX2 Code: A015X

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	567	kcal	
energy kJ, total metabolisable	2350	kJ	
fatty acids, total saturated	8.5	g	1156
fatty acids, total monounsaturated	15.3	g	1156
fatty acids, total polyunsaturated	20.4	g	1156
fatty acid 18:2 n-6 cis,cis	19.5	g	1156
fatty acids, total trans	0.1	g	1156
sugars, total	2.3	g	1156
sucrose	1.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0	g	
fibre, total dietary	10.8	g	1156
protein, total	22	g	1156
alcohol	0	g	
water	6.1	g	1156
organic acids, total	0	g	
cholesterol	0	mg	649
vitamin A; retinol equiv from retinol and carotenoid activities	38	µg	649
carotene, total (vitamin A precursors)	4	µg	1156
vitamin D	0	µg	649
alpha-tocopherol	0.25	mg	
thiamin	0.2	mg	1156
riboflavin	0.11	mg	1156
niacin, preformed	1.35	mg	1156
niacin equivalents, total	8.45	mg	
niacin equivalents from tryptophan	7.1	mg	649
vitamin B-6, total	0.08	mg	1156
vitamin B-12	0	µg	649
vitamin C	0	mg	1156
folate, total	58	µg	
iodide	4.7	µg	1156
sodium	13	mg	1156
potassium	810	mg	1156
calcium	66	mg	1156
phosphorus	1040	mg	1156
magnesium	480	mg	1156
iron, total	7.8	mg	1156
zinc	4.1	mg	1156

Legend

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

References

Id	Reference
649	McCance and Widdowson's 'composition of foods integrated dataset' on the nutrient content of the UK food supply File: McCance_Widdowson_s_Composition_of_Foods_Integrated_Dataset (Published 25 March 2015).
1156	INSALAB_URMR/URQ/UID_Estudo vegetarianos_2021