

PRODUCT NUTRITION
PUMPKIN SEEDS, DRIED
100g

Nutrient	Units	Value per 100 grams
Proximates		
Water	g	5.23
Energy	kcal	559
Energy	kJ	2339
Protein	g	30.23
Total lipid (fat)	g	49.05
Ash	g	4.78
Carbohydrate, by difference	g	10.71
Fiber, total dietary	g	6.0
Sugars, total	g	1.40
Sucrose	g	1.13
Glucose (dextrose)	g	0.13
Fructose	g	0.15
Lactose	g	0.00
Maltose	g	0.00
Galactose	g	0.00
Starch	g	1.47
Minerals		
Calcium, Ca	mg	46
Iron, Fe	mg	8.82
Magnesium, Mg	mg	592
Phosphorus, P	mg	1233
Potassium, K	mg	809
Sodium, Na	mg	7
Zinc, Zn	mg	7.81
Copper, Cu	mg	1.343
Manganese, Mn	mg	4.543
Selenium, Se	mcg	9.4
Vitamins		
Vitamin C, total ascorbic acid	mg	1.9
Thiamin	mg	0.273
Riboflavin	mg	0.153
Niacin	mg	4.987
Pantothenic acid	mg	0.750
Vitamin B-6	mg	0.143
Folate, total	mcg	58
Folic acid	mcg	0

Folate, food	mcg	58
Folate, DFE	mcg_DFE	58
Choline, total	mg	63.0
Vitamin B-12	mcg	0.00
Vitamin B-12, added	mcg	0.00
Vitamin A, RAE	mcg_RAE	1
Retinol	mcg	0
Carotene, beta	mcg	9
Carotene, alpha	mcg	1
Cryptoxanthin, beta	mcg	1
Vitamin A, IU	IU	16
Lycopene	mcg	0
Lutein + zeaxanthin	mcg	74
Vitamin E (alpha-tocopherol)	mg	2.18
Vitamin E, added	mg	0.00
Tocopherol, beta	mg	0.03
Tocopherol, gamma	mg	35.10
Tocopherol, delta	mg	0.44
Vitamin D (D2 + D3)	mcg	0.0
Vitamin D	IU	0
Vitamin K (phylloquinone)	mcg	7.3
Lipids		
Fatty acids, total saturated	g	8.659
4:0	g	0.000
6:0	g	0.001
8:0	g	0.000
10:0	g	0.003
12:0	g	0.006
14:0	g	0.059
15:0	g	0.008
16:0	g	5.364
17:0	g	0.037
18:0	g	2.869
20:0	g	0.212
22:0	g	0.057
24:0	g	0.044
Fatty acids, total monounsaturated	g	16.242
14:1	g	0.000
15:1	g	0.000
16:1 undifferentiated	g	0.048
16:1 c	g	0.048
16:1 t	g	0.000
17:1	g	0.000
18:1 undifferentiated	g	16.133
18:1 c	g	16.108
18:1 t	g	0.025
20:1	g	0.056
22:1 undifferentiated	g	0.001
22:1 t	g	0.001
24:1 c	g	0.005
Fatty acids, total polyunsaturated	g	20.976

18:2 undifferentiated	g	20.710
18:2 n-6 c,c	g	20.667
18:2 CLAs	g	0.004
18:2 t not further defined	g	0.039
18:3 undifferentiated	g	0.120
18:3 n-3 c,c,c (ALA)	g	0.120
18:3 n-6 c,c,c	g	0.000
18:4	g	0.000
20:2 n-6 c,c	g	0.004
20:3 undifferentiated	g	0.000
20:4 undifferentiated	g	0.131
20:3 n-6	g	0.000
20:5 n-3 (EPA)	g	0.000
22:4	g	0.006
22:5 n-3 (DPA)	g	0.000
22:6 n-3 (DHA)	g	0.000
Fatty acids, total trans	g	0.064
Fatty acids, total trans-monoenoic	g	0.026
Cholesterol	mg	0
Amino acids		
Tryptophan	g	0.576
Threonine	g	0.998
Isoleucine	g	1.281
Leucine	g	2.419
Lysine	g	1.236
Methionine	g	0.603
Cystine	g	0.332
Phenylalanine	g	1.733
Tyrosine	g	1.093
Valine	g	1.579
Arginine	g	5.353
Histidine	g	0.780
Alanine	g	1.485
Aspartic acid	g	2.960
Glutamic acid	g	6.188
Glycine	g	1.843
Proline	g	1.316
Serine	g	1.673
Other		
Alcohol, ethyl	g	0.0
Caffeine	mg	0
Theobromine	mg	0

Data Source:

U.S. Department of Agricultural, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23.