

Nutritional values of Seeds

Nutrient	Value per 100 g						Pumpkin	Sunflower
	Units	Poppy	Sesame	Flax	Chia			
Protein	g	18.0	17.7	18.3	16.5	30.2	20.8	
Total lipid (fat)	g	41.6	49.7	42.2	30.7	49.1	51.5	
Carbohydrate, by difference	g	28.1	23.5	28.9	42.1	10.7	20.0	
Fiber, total dietary	g	19.5	11.8	27.3	34.4	6.0	8.6	
Sugars, total	g	3.0	0.3	1.6		1.4	2.6	
Calcium, Ca	mg	1438	975	255	631	46.0	78.0	
Iron, Fe	mg	9.8	14.6	5.7	7.7	8.8	5.3	
Magnesium, Mg	mg	347	351	392	335	592	325	
Phosphorus, P	mg	870	629	642	860	1233	660	
Potassium, K	mg	719	468	813	407	809	645	
Sodium, Na	mg	26.0	11.0	30.0	16.0	7.0	9.0	
Zinc, Zn	mg	7.9	7.8	4.3	4.6	7.8	5.0	