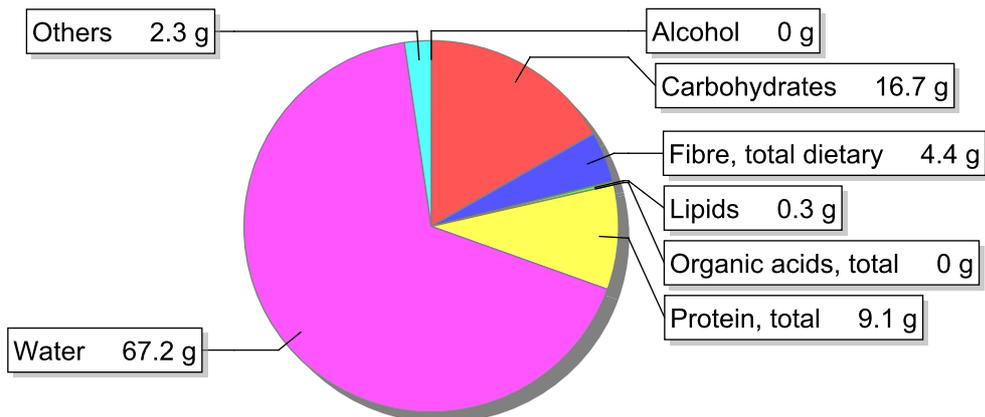


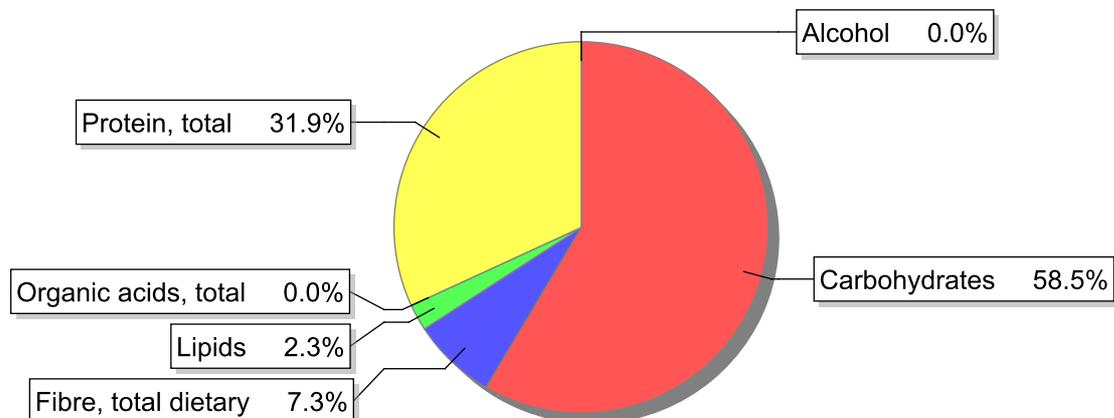
Food

Name: Lentils dried, boiled
Group: Legumes (fresh and dried)
Subgroup: Dried legumes
Edible Part: 100%
Code: IS538
FoodEX2 Code: A013Q

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	115	kcal	
energy kJ, total metabolisable	485	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	0.4	g	
sucrose	0.4	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	1	g	
starch, total	15.3	g	
protein, total	9.1	g	
alcohol	0	g	
water	67.2	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	4	µg	
carotene, total (vitamin A precursors)	22	µg	
vitamin D	0	µg	
alpha-tocopherol	0	mg	
thiamin	0.13	mg	
riboflavin	0.07	mg	
niacin, preformed	0.5	mg	
niacin equivalents, total	1.7	mg	
niacin equivalents from tryptophan	1.2	mg	
vitamin B-6, total	0.24	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	25	µg	
ash	0.90	g	
sodium	160	mg	
potassium	280	mg	
calcium	25	mg	
phosphorus	110	mg	
magnesium	33	mg	
iron, total	2.3	mg	
zinc	1.4	mg	

Legend

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

References