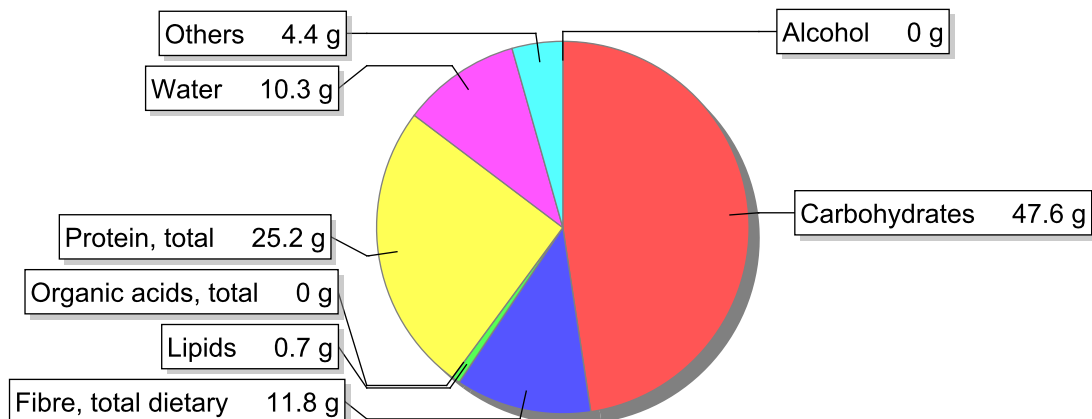


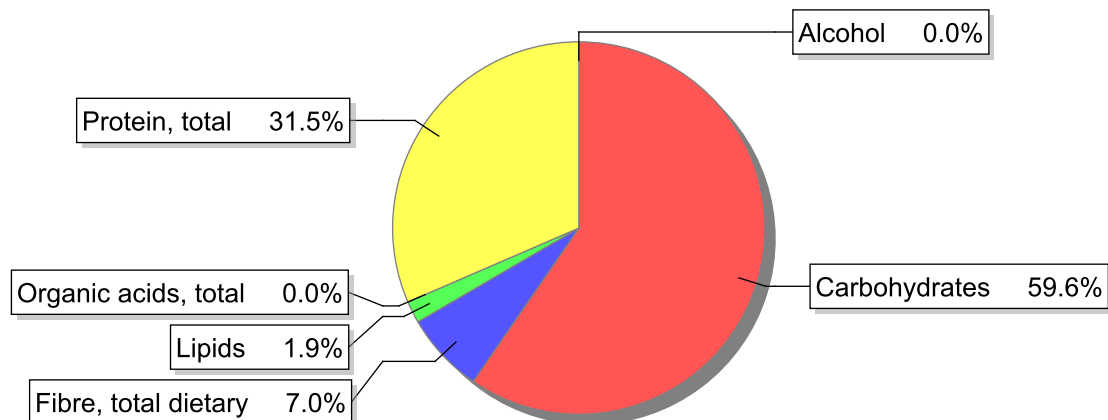
Food

Name: Lentils dried, raw
Group: Legumes (fresh and dried)
Subgroup: Dried legumes
Edible Part: 100%
Code: IS537
FoodEX2 Code: A013Q

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	321	kcal	
energy kJ, total metabolisable	1360	kJ	
fatty acids, total saturated	0.1	g	57
fatty acids, total monounsaturated	0.1	g	57
fatty acids, total polyunsaturated	0.3	g	57
fatty acid 18:2 n-6 cis,cis	0.3	g	57
fatty acids, total trans	0	g	
sugars, total	1.2	g	
sucrose	1.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	3.1	g	
fibre, total dietary	11.8	g	
protein, total	25.2	g	57
alcohol	0	g	
water	10.3	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	10	µg	
carotene, total (vitamin A precursors)	60	µg	
vitamin D	0	µg	
alpha-tocopherol	0	mg	
thiamin	0.43	mg	
riboflavin	0.27	mg	
niacin, preformed	1.9	mg	
niacin equivalents, total	5.3	mg	
niacin equivalents from tryptophan	3.4	mg	
vitamin B-6, total	0.93	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	110	µg	
ash	2.40	g	
sodium	12	mg	
potassium	940	mg	
calcium	74	mg	
phosphorus	360	mg	
magnesium	110	mg	
iron, total	6.8	mg	57
zinc	3.9	mg	

Legend

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

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB