

Seeds, chia seeds, dried

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Scientific Name: *Salvia hispanica*

NDB No: 12006 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error	1.00 X 1 oz ----- 28.35g
Proximates					
Water	g	4.90	2		1.39
Energy	kcal	490	0		139
Energy	kJ	2051	0		581
Protein	g	15.62	4	0.657	4.43
Total lipid (fat)	g	30.75	5	1.697	8.72
Ash	g	4.87	2		1.38
Carbohydrate, by difference	g	43.85	0		12.43
Fiber, total dietary	g	37.7	1		10.7
Minerals					
Calcium, Ca	mg	631	2		179
Phosphorus, P	mg	948	2		269
Potassium, K	mg	160	1		45
Sodium, Na	mg	19	1		5
Zinc, Zn	mg	3.49	1		0.99
Copper, Cu	mg	0.188	1		0.053
Manganese, Mn	mg	2.167	1		0.614
Vitamins					
Vitamin B-12	mcg	0.00	0		0.00
Lipids					
Fatty acids, total saturated	g	3.176	0		0.900
14:0	g	0.030	1		0.009
15:0	g	0.030	1		0.009
16:0	g	2.025	4	0.169	0.574
17:0	g	0.063	1		0.018
18:0	g	0.903	4	0.052	0.256
20:0	g	0.093	2		0.026
22:0	g	0.032	1		0.009

Fatty acids, total monounsaturated	g	2.115	0		0.600
14:1	g	0.030	1		0.009
16:1 undifferentiated	g	0.031	2		0.009
17:1	g	0.000	1		0.000
18:1 undifferentiated	g	2.007	4	0.169	0.569
20:1	g	0.046	2		0.013
Fatty acids, total polyunsaturated	g	23.335	0		6.615
18:2 undifferentiated	g	5.785	4	0.53	1.640
18:3 undifferentiated	g	17.550	4	1.53	4.975
Cholesterol	mg	0	0		0
Amino acids					
Tryptophan	g	0.721	0		0.204
Threonine	g	0.665	0		0.189
Isoleucine	g	0.696	0		0.197
Leucine	g	1.258	0		0.357
Lysine	g	0.917	0		0.260
Methionine	g	0.090	0		0.026
Cystine	g	0.361	0		0.102
Phenylalanine	g	1.028	0		0.291
Tyrosine	g	0.503	0		0.143
Valine	g	1.051	0		0.298
Arginine	g	1.983	0		0.562
Histidine	g	0.526	0		0.149
Alanine	g	0.927	0		0.263
Aspartic acid	g	1.633	0		0.463
Glutamic acid	g	2.468	0		0.700
Glycine	g	0.907	0		0.257
Proline	g	0.897	0		0.254
Serine	g	1.011	0		0.287

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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