



Seeds: Chia seeds, dried

Scientific Name: *Salvia hispanica*

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

Values are for Amount of Nutrient in 1 oz = 2.5 Tablespoons
(or 28.35 grams) of chia seed, unsoaked

Nutrient	Units	Amount in 1 oz
Water	g	1.640
Energy	kcal	138.000
Energy	kJ	577.000
Protein	g	4.690
Total lipid (fat)	g	8.710
Ash	g	1.360
Carbohydrate	g	11.940
Fiber, total dietary	g	9.800
Minerals	Units	Amount in 1 oz
Calcium (Ca)	mg	179.000
Iron (Fe)	mg	2.190
Magnesium (Mg)	mg	95.000
Phosphorus (P)	mg	244.000
Potassium (K)	mg	115.000
Sodium (Na)	mg	5.000
Zinc (Zn)	mg	1.300
Copper (Cu)	mg	0.262
Manganese (Mn)	mg	0.772
Selenium (Se)	µg	15.600
Vitamins	Units	Amount in 1 oz
Vitamin C (ascorbic acid)	mg	0.500
Thiamin (B1)	mg	0.176
Riboflavin (B2)	mg	0.048
Niacin (B3)	mg	2.503
Folate (B9)	µg	14.000
Vitamin B12	µg	0.000
Vitamin A	IU	15.000
Vitamin E (alpha-tocopherol)	mg	0.140



Seeds: Chia seeds, dried		
Lipids	Units	Amount in 1 oz
Fatty acids, total saturated	g	0.944
Fatty acids, total monounsaturated	g	0.655
Fatty acids, total polyunsaturated	g	6.709
Omega-6	g	1.654
Omega-3 (ALA)	g	5.055
Fatty acids, total trans	g	0.040
Cholesterol	mg	0.000
Amino Acids	Units	Amount in 1 oz
Tryptophan	g	0.124
Threonine	g	0.201
Isoleucine	g	0.227
Leucine	g	0.389
Lysine	g	0.275
Methionine	g	0.167
Cystine	g	0.115
Phenylalanine	g	0.288
Tyrosine	g	0.160
Valine	g	0.269
Arginine	g	0.608
Histidine	g	0.151
Alanine	g	0.296
Aspartic acid	g	0.479
Glutamic acid	g	0.992
Glycine	g	0.267
Proline	g	0.220
Serine	g	0.297