

Nutritional content of Chia seed

Chia is an oil seed, different from comparable oil plants in its fat content: two-thirds of Chia oil are Omega-3 essential fatty acids (polyunsaturated) while only 10 % are saturated fatty acids. It is then indicated to balance the fatty acids content of a diet, particularly if the source of fat is rich in Omega-6 fatty acids.

NUTRIENT	UNIT per 100 g.	
Calories	Kcal	330
Protein	g	20.7
Total fat	g	32.8
Fatty Acids		
Monounsaturated	g	2.2
Saturated	g	3.2
Polyunsaturated	g	27.2
Omega-3	g	21
Omega-6	g	6.2
Trans	g	0
Cholesterol	mg	0
Carbohydrates	g	1.0
Total Dietary Fibre	g	41.2
Soluble	g	5.3
Insoluble	g	35.9
Minerals		

Calcium	mg	714
Potassium	mg	700
Magnesium	mg	390
Phosphorus	mg	1067
Iron	mg	16.4
Sodium	mg	2.1

Vitamins

Niacine (B3)	mg	6.13
Thiamine	mg	0.18
Riboflavin	mg	0.04
Vitamin A	IU	44

Content of Aminoacids

Chia seed has 19 to 23 % protein content - more than that found in traditional cereals such as wheat (13.7 %), corn (9.4 %), rice (6.5 %) or barley (12.5 %). Chia seed shows a higher **lysine** content than comarable oil seeds.

AMINOACID	g/16 g N
Aspartic acid	7.36
Threonine	3.23
Serine	4.43

