

Seeds Type	*Protein per prepared 100g	*Fibre per prepared 100g	*Carbs Per prepared 100g	*Of which are sugars	*Fat prepared 100g	*of which is Saturates	*of which is Polyunsaturated	*of which is Monounsaturated	*Calories Per Prepared 100g	Nutrient Rich in?	Portion size per person	Other notes
Pine Nuts	13.7	3.7g	9.4g	3.6g	68.4g	4.9g	25.3g	38.2g	715	Manganese, Vit K, Vit E	25g	
Pumpkin Seeds	29g	8.6g	14g	1.1g	46g	7.0g	22g	17g	603	Vit K, Iron, Magnesium, Phosphorus, Manganese	25g	Some of the nutrients are super high! More than double you RDA.
Hemp Seeds	32.5g	2.6g	9.2g	2.4g	46.3g	4.6g	33.7g	6g	455	Vit E, Iron, Fibre, Magnesium, Zinc, Copper, B1, Phosphorus	30g	<b>These are a complete protein</b>
Chia Seeds	24g	30g	7.1g	0.6g	27g	3.4g	20g	2.3g	426	Phosphorus, Protein, Manganese	15g	<b>These are a complete protein</b>
Flax Seeds	22.1g	23.7g	3g	1.8g	40g	4.5g	25.3g	8.5g	508	Protein, Fibre, Fats, B6, Copper, Manganese, Magnesium, Phosphorus	30g	Some of the nutrients are super high! More than double you RDA.
Poppy Seeds	18g	19.5g	8.6g	3g	41.6g	4.5g	28.5g	8.6g	520	Manganese, Calcium	25g	
Linseeds (same as Flaxseeds)	22.1g	23.7g	3g	1.8g	40g	4.5g	25.3g	8.5g	508	Protein, Fibre, Fats, B6, Copper, Manganese, Magnesium, Phosphorus	30g	Some of the nutrients are super high! More than double you RDA.
Sesame Seeds	26.5g	9g	3.2g	0.8g	53.5g	8.5g	19.6g	25.4g	618	Calcium, Iron, Magnesium, Manganese, Phosphorus, B6, B1, B3	25g	
Sunflower Seeds	23.8g	10.1g	3.8g	1.8g	53.8g	4.5g	36.3g	13g	615	Vit E, B1, B6,	25g	
<b>*Typical Values</b>												
Nutritional Value of seeds seem to differ quite considerably on whether they were shelled or unshelled, type of seeds (some have variations) and origin. So the above stats are an average. Please note - These are based on 100g NOT portion size												