

WHAT'S IN THE SEEDS TO MAKE THEM A HEALTHY CHOICE – ACACIA COWLEANA

Amino acid	g/100g dry seed weight	Fatty acid	(%) of total fatty acids	Minerals	Mg/kg dry seed weight	Sugar	Composition (%)	Composition	In %
Histidine	2.8	Saturated fatty acids	28.9	Ca (Calcium)	2300	Glucose	22	Crude protein	23
Threonine	4.1	Monounsaturated fatty acids	36.2	K (Potassium)	8700	Mannose	4.17	Crude fat	19.3
Lysine	7.0	Polyunsaturated fatty acids	34.8	Mg (Magnesium)	1700	Galactose	34	Dietary fibre	33.7
Methionine	0.4			Na (Sodium)	<20	Galacturonic acid	30	Non-fibre carbohydrate	15.2
Isoleucine	4.4			P (Phosphorus)	1700	Rhamnose	5		
Leucine	8.4			Fe (Iron)	75	Fucose	2.77		
Phenylalanine	3.6			Mn (Manganese)	14	Xylose/Arabinose	80		
Valine	5.9			Zn (Zinc)	24.5				

Source of information:

Overall Nutritional and Sensory Profile of Different Species of Australian Wattle Seeds (*Acacia* spp.): Potential Food Sources in the Arid and Semi-Arid Regions Kinnari J. Shelat 1,2, Oladipupo Q. Adiamo 1 , Sandra M. Olarte Mantilla 1 , Heather E. Smyth 1 , Ujang Tinggi 3 , Sarah Hickey 4 , Broder Rühmann 5 , Volker Sieber 5 and Yasmina Sultanbawa 1,*
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