

Full Report (All Nutrients) 20012, Bulgur, dry

Report Date: February 01, 2015 09:42 EST

Nutrient values and weights are for edible portion

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor: 3.59 Nitrogen to Protein Conversion Factor: 5.83

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 140g
Proximates					
Water	g	9.00	6	0.462	12.60
Energy	kcal	342	--	--	479
Energy	kJ	1431	--	--	2003
Protein	g	12.29	5	0.432	17.21
Total lipid (fat)	g	1.33	7	0.114	1.86
Ash	g	1.51	7	0.027	2.11
Carbohydrate, by difference	g	75.87	--	--	106.22
Fiber, total dietary	g	12.5	--	--	17.5
Sugars, total	g	0.41	--	--	0.57
Minerals					
Calcium, Ca	mg	35	10	5.694	49
Iron, Fe	mg	2.46	9	0.294	3.44
Magnesium, Mg	mg	164	9	23.365	230
Phosphorus, P	mg	300	9	36.990	420
Potassium, K	mg	410	9	37.960	574
Sodium, Na	mg	17	6	5.124	24
Zinc, Zn	mg	1.93	11	0.251	2.70
Copper, Cu	mg	0.335	11	0.028	0.469
Manganese, Mn	mg	3.048	4	0.222	4.267
Selenium, Se	µg	2.3	2	--	3.2
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.232	6	0.018	0.325

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 140g
Riboflavin	mg	0.115	6	0.043	0.161
Niacin	mg	5.114	5	0.384	7.160
Pantothenic acid	mg	1.045	6	0.250	1.463
Vitamin B-6	mg	0.342	5	0.025	0.479
Folate, total	µg	27	5	3.034	38
Folic acid	µg	0	--	--	0
Folate, food	µg	27	5	3.034	38
Folate, DFE	µg	27	--	--	38
Choline, total	mg	28.1	--	--	39.3
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	5	--	--	7
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	9	--	--	13
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	220	--	--	308
Vitamin E (alpha-tocopherol)	mg	0.06	--	--	0.08
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	1.9	--	--	2.7
Lipids					
Fatty acids, total saturated	g	0.232	--	--	0.325
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.013	--	--	0.018
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.001	--	--	0.001
16:0	g	0.203	--	--	0.284

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 140g
18:0	g	0.011	--	--	0.015
Fatty acids, total monounsaturated	g	0.173	--	--	0.242
16:1 undifferentiated	g	0.007	--	--	0.010
18:1 undifferentiated	g	0.166	--	--	0.232
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.541	--	--	0.757
18:2 undifferentiated	g	0.518	--	--	0.725
18:3 undifferentiated	g	0.023	--	--	0.032
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.190	--	--	0.266
Threonine	g	0.354	--	--	0.496
Isoleucine	g	0.455	--	--	0.637
Leucine	g	0.830	--	--	1.162
Lysine	g	0.339	--	--	0.475
Methionine	g	0.190	--	--	0.266
Cystine	g	0.285	--	--	0.399
Phenylalanine	g	0.580	--	--	0.812
Tyrosine	g	0.358	--	--	0.501
Valine	g	0.554	--	--	0.776
Arginine	g	0.575	--	--	0.805
Histidine	g	0.285	--	--	0.399
Alanine	g	0.436	--	--	0.610
Aspartic acid	g	0.630	--	--	0.882
Glutamic acid	g	3.878	--	--	5.429
Glycine	g	0.495	--	--	0.693
Proline	g	1.275	--	--	1.785

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 140g
Serine	g	0.580	--	--	0.812
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Language Code(s)

- A0125 GRAIN OR STARCH PRODUCT (US CFR)
- A1290 2000 CEREAL GRAINS AND PASTA (USDA SR)
- B1312 WHEAT
- C0133 SEED, SKIN PRESENT, GERM PRESENT
- E0152 DIVIDED INTO PIECES
- F0018 PARTIALLY HEAT-TREATED
- G0001 COOKING METHOD NOT KNOWN
- H0138 WATER REMOVED
- H0220 PARBOILED (GRAIN)
- J0116 DEHYDRATED OR DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION