

Basic Report 20067, Sorghum grain

Report Date:January 25, 2015 11:18 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 192g
Proximates			
Water	g	12.40	23.81
Energy	kcal	329	632
Protein	g	10.62	20.39
Total lipid (fat)	g	3.46	6.64
Carbohydrate, by difference	g	72.09	138.41
Fiber, total dietary a	g	6.7	12.9
Sugars, total	g	2.53	4.86
Minerals			
Calcium, Ca	mg	13	25
Iron, Fe	mg	3.36	6.45
Magnesium, Mg	mg	165	317
Phosphorus, P	mg	289	555
Potassium, K	mg	363	697
Sodium, Na	mg	2	4
Zinc, Zn	mg	1.67	3.21
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.332	0.637
Riboflavin	mg	0.096	0.184
Niacin	mg	3.688	7.081
Vitamin B-6	mg	0.443	0.851
Folate, DFE	µg	20	38
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.50	0.96

Nutrient	Unit	1 Value Per100 g	1 cup 192g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Lipids			
Fatty acids, total saturated	g	0.610	1.171
Fatty acids, total monounsaturated	g	1.131	2.172
Fatty acids, total polyunsaturated	g	1.558	2.991
Cholesterol	mg	0	0

Footnotes

^a Total dietary fiber value is for white sorghum. Total dietary fiber values for other types of sorghum range from 8.8 to 11.1 g/100g.