

**Basic Report 35136, Cornmeal, white (Navajo)**

Report Date: January 27, 2015 15:59 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g
<b>Proximates</b>		
Water	g	5.42
Energy	kcal	398
Protein	g	10.99
Total lipid (fat)	g	5.04
Carbohydrate, by difference	g	77.14
Fiber, total dietary	g	10.4
Sugars, total	g	1.46
<b>Minerals</b>		
Calcium, Ca	mg	11
Iron, Fe	mg	3.79
Magnesium, Mg	mg	125
Phosphorus, P	mg	280
Potassium, K	mg	443
Sodium, Na	mg	4
Zinc, Zn	mg	3.24
<b>Vitamins</b>		
Vitamin C, total ascorbic acid	mg	0.0
Thiamin	mg	0.310
Riboflavin	mg	0.137
Niacin	mg	2.800
Vitamin B-6	mg	0.583
Folate, DFE	µg	32
Vitamin E (alpha-tocopherol)	mg	0.37
Vitamin K (phylloquinone)	µg	0.4
<b>Lipids</b>		
Fatty acids, total saturated	g	0.853

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>
Fatty acids, total monounsaturated	g	1.532
Fatty acids, total polyunsaturated	g	2.078