

Basic Report 20033, Oat bran, raw

Report Date: June 26, 2019 06:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 94g
Proximates			
Water	g	6.55	6.16
Energy	kcal	246	231
Protein	g	17.30	16.26
Total lipid (fat)	g	7.03	6.61
Carbohydrate, by difference	g	66.22	62.25
Fiber, total dietary	g	15.4	14.5
Sugars, total	g	1.45	1.36
Minerals			
Calcium, Ca	mg	58	55
Iron, Fe	mg	5.41	5.09
Magnesium, Mg	mg	235	221
Phosphorus, P	mg	734	690
Potassium, K	mg	566	532
Sodium, Na	mg	4	4
Zinc, Zn	mg	3.11	2.92
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	1.170	1.100
Riboflavin	mg	0.220	0.207
Niacin	mg	0.934	0.878
Vitamin B-6	mg	0.165	0.155
Folate, DFE	µg	52	49
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	1.01	0.95

Nutrient	Unit	1 Value Per100 g	1 cup 94g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	3.2	3.0
Lipids			
Fatty acids, total saturated	g	1.328	1.248
Fatty acids, total monounsaturated	g	2.376	2.233
Fatty acids, total polyunsaturated	g	2.766	2.600
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0