

Basic Report 20069, Triticale

Report Date: September 15, 2019 20:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 192g
Proximates			
Water	g	10.51	20.18
Energy	kcal	336	645
Protein	g	13.05	25.06
Total lipid (fat)	g	2.09	4.01
Carbohydrate, by difference	g	72.13	138.49
Minerals			
Calcium, Ca	mg	37	71
Iron, Fe	mg	2.57	4.93
Magnesium, Mg	mg	130	250
Phosphorus, P	mg	358	687
Potassium, K	mg	332	637
Sodium, Na	mg	5	10
Zinc, Zn	mg	3.45	6.62
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.416	0.799
Riboflavin	mg	0.134	0.257
Niacin	mg	1.430	2.746
Vitamin B-6	mg	0.138	0.265
Folate, DFE	µg	73	140
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	0.90	1.73
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 cup 192g
Lipids			
Fatty acids, total saturated	g	0.366	0.703
Fatty acids, total monounsaturated	g	0.211	0.405
Fatty acids, total polyunsaturated	g	0.913	1.753
Cholesterol	mg	0	0

Amino Acids

Other