

Basic Report 20137, Quinoa, cooked

Report Date: July 22, 2019 19:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 185g
Proximates			
Water	g	71.61	132.48
Energy	kcal	120	222
Protein	g	4.40	8.14
Total lipid (fat)	g	1.92	3.55
Carbohydrate, by difference	g	21.30	39.41
Fiber, total dietary	g	2.8	5.2
Sugars, total	g	0.87	1.61
Minerals			
Calcium, Ca	mg	17	31
Iron, Fe	mg	1.49	2.76
Magnesium, Mg	mg	64	118
Phosphorus, P	mg	152	281
Potassium, K	mg	172	318
Sodium, Na	mg	7	13
Zinc, Zn	mg	1.09	2.02
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.107	0.198
Riboflavin	mg	0.110	0.204
Niacin	mg	0.412	0.762
Vitamin B-6	mg	0.123	0.228
Folate, DFE	µg	42	78
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	5	9
Vitamin E (alpha-tocopherol)	mg	0.63	1.17

Nutrient	Unit	1 Value Per100 g	1 cup 185g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	0.231	0.427
Fatty acids, total monounsaturated	g	0.528	0.977
Fatty acids, total polyunsaturated	g	1.078	1.994
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0