

## Full Report (All Nutrients) 20137, Quinoa, cooked

Report Date: September 17, 2019 08:34 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor:4 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 185g
<b>Proximates</b>					
Water <a href="#">1</a>	g	71.61	3	3.950	132.48
Energy	kcal	120	--	--	222
Energy	kJ	503	--	--	931
Protein <a href="#">1</a>	g	4.40	3	0.820	8.14
Total lipid (fat) <a href="#">1</a>	g	1.92	3	0.270	3.55
Ash <a href="#">1</a>	g	0.76	3	0.100	1.41
Carbohydrate, by difference	g	21.30	--	--	39.41
Fiber, total dietary <a href="#">1</a>	g	2.8	3	0.300	5.2
Sugars, total	g	0.87	--	--	1.61
Starch <a href="#">1</a>	g	17.63	3	2.180	32.62
<b>Minerals</b>					
Calcium, Ca <a href="#">1</a>	mg	17	3	2.000	31
Iron, Fe <a href="#">1</a>	mg	1.49	3	0.290	2.76
Magnesium, Mg <a href="#">1</a>	mg	64	3	12.000	118
Phosphorus, P <a href="#">1</a>	mg	152	3	29.000	281
Potassium, K <a href="#">1</a>	mg	172	3	25.000	318
Sodium, Na <a href="#">1</a>	mg	7	3	3.000	13
Zinc, Zn <a href="#">1</a>	mg	1.09	3	0.210	2.02
Copper, Cu <a href="#">1</a>	mg	0.192	3	0.031	0.355
Manganese, Mn <a href="#">1</a>	mg	0.631	3	0.145	1.167
Selenium, Se <a href="#">1</a>	µg	2.8	3	0.500	5.2

### Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 185g
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin <a href="#">1</a>	mg	0.107	3	0.022	0.198
Riboflavin <a href="#">1</a>	mg	0.110	3	0.021	0.204
Niacin <a href="#">1</a>	mg	0.412	3	0.073	0.762
Vitamin B-6 <a href="#">1</a>	mg	0.123	3	0.033	0.228
Folate, total <a href="#">1</a>	µg	42	3	3.000	78
Folic acid	µg	0	--	--	0
Folate, food <a href="#">1</a>	µg	42	3	3.000	78
Folate, DFE	µg	42	--	--	78
Choline, total	mg	23.0	--	--	42.5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	3	--	--	6
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	5	--	--	9
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	53	--	--	98
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.63	3	0.120	1.17
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta <a href="#">1</a>	mg	0.03	3	0.007	0.06
Tocopherol, gamma <a href="#">1</a>	mg	1.19	3	0.330	2.20
Tocopherol, delta <a href="#">1</a>	mg	0.11	3	0.030	0.20
Tocotrienol, alpha <a href="#">1</a>	mg	0.00	3	0.000	0.00
Tocotrienol, beta <a href="#">1</a>	mg	0.00	3	0.000	0.00
Tocotrienol, gamma <a href="#">1</a>	mg	0.00	3	0.000	0.00
Tocotrienol, delta <a href="#">1</a>	mg	0.00	3	0.000	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0

**Lipids**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 185g
Fatty acids, total saturated	g	0.231	--	--	0.427
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.196	--	--	0.363
18:0	g	0.012	--	--	0.022
Fatty acids, total monounsaturated	g	0.528	--	--	0.977
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.465	--	--	0.860
20:1	g	0.031	--	--	0.057
22:1 undifferentiated	g	0.027	--	--	0.050
Fatty acids, total polyunsaturated	g	1.078	--	--	1.994
18:2 undifferentiated	g	0.974	--	--	1.802
18:3 undifferentiated	g	0.085	--	--	0.157
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.003	--	--	0.006
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.015	--	--	0.028
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan <a href="#">1</a>	g	0.052	--	--	0.096
Threonine <a href="#">1</a>	g	0.131	--	--	0.242
Isoleucine <a href="#">1</a>	g	0.157	--	--	0.290
Leucine <a href="#">1</a>	g	0.261	--	--	0.483
Lysine <a href="#">1</a>	g	0.239	--	--	0.442
Methionine <a href="#">1</a>	g	0.096	--	--	0.178
Cystine <a href="#">1</a>	g	0.063	--	--	0.117
Phenylalanine <a href="#">1</a>	g	0.185	--	--	0.342
Tyrosine <a href="#">1</a>	g	0.083	--	--	0.154

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 185g
Valine <a href="#">1</a>	g	0.185	--	--	0.342
Arginine <a href="#">1</a>	g	0.340	--	--	0.629
Histidine <a href="#">1</a>	g	0.127	--	--	0.235
Alanine <a href="#">1</a>	g	0.183	--	--	0.339
Aspartic acid <a href="#">1</a>	g	0.353	--	--	0.653
Glutamic acid <a href="#">1</a>	g	0.580	--	--	1.073
Glycine <a href="#">1</a>	g	0.216	--	--	0.400
Proline <a href="#">1</a>	g	0.240	--	--	0.444
Serine <a href="#">1</a>	g	0.176	--	--	0.326
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9a, 2005 Beltsville MD

**Languag Code(s)**

- A0125 GRAIN OR STARCH PRODUCT (US CFR)
- A1290 2000 CEREAL GRAINS AND PASTA (USDA SR)
- B2027 QUINOA
- C0155 SEED
- E0150 WHOLE, NATURAL SHAPE
- F0014 FULLY HEAT-TREATED
- G0012 COOKED BY MOIST HEAT
- H0148 WATER ADDED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION