

Basic Report 20008, Buckwheat

Report Date: July 22, 2019 20:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 170g
Proximates			
Water	g	9.75	16.57
Energy	kcal	343	583
Protein	g	13.25	22.52
Total lipid (fat)	g	3.40	5.78
Carbohydrate, by difference	g	71.50	121.55
Fiber, total dietary	g	10.0	17.0
Minerals			
Calcium, Ca	mg	18	31
Iron, Fe	mg	2.20	3.74
Magnesium, Mg	mg	231	393
Phosphorus, P	mg	347	590
Potassium, K	mg	460	782
Sodium, Na	mg	1	2
Zinc, Zn	mg	2.40	4.08
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.101	0.172
Riboflavin	mg	0.425	0.723
Niacin	mg	7.020	11.934
Vitamin B-6	mg	0.210	0.357
Folate, DFE	µg	30	51
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 cup 170g
Lipids			
Fatty acids, total saturated	g	0.741	1.260
Fatty acids, total monounsaturated	g	1.040	1.768
Fatty acids, total polyunsaturated	g	1.039	1.766
Cholesterol	mg	0	0

Amino Acids

Other