

Basic Report 20032, Millet, cooked

Report Date: June 20, 2019 19:22 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 174g
Proximates			
Water	g	71.41	124.25
Energy	kcal	119	207
Protein	g	3.51	6.11
Total lipid (fat)	g	1.00	1.74
Carbohydrate, by difference	g	23.67	41.19
Fiber, total dietary	g	1.3	2.3
Sugars, total	g	0.13	0.23
Minerals			
Calcium, Ca	mg	3	5
Iron, Fe	mg	0.63	1.10
Magnesium, Mg	mg	44	77
Phosphorus, P	mg	100	174
Potassium, K	mg	62	108
Sodium, Na	mg	2	3
Zinc, Zn	mg	0.91	1.58
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.106	0.184
Riboflavin	mg	0.082	0.143
Niacin	mg	1.330	2.314
Vitamin B-6	mg	0.108	0.188
Folate, DFE	µg	19	33
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	3	5
Vitamin E (alpha-tocopherol)	mg	0.02	0.03

Nutrient	Unit	1 Value Per100 g	1 cup 174g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.3	0.5
Lipids			
Fatty acids, total saturated	g	0.172	0.299
Fatty acids, total monounsaturated	g	0.184	0.320
Fatty acids, total polyunsaturated	g	0.508	0.884
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0