

Basic Report 16055, Carob flour

Report Date: September 18, 2019 08:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 103g	1 tbsp 6g
Proximates				
Water	g	3.58	3.69	0.21
Energy	kcal	222	229	13
Protein	g	4.62	4.76	0.28
Total lipid (fat)	g	0.65	0.67	0.04
Carbohydrate, by difference	g	88.88	91.55	5.33
Fiber, total dietary	g	39.8	41.0	2.4
Sugars, total	g	49.08	50.55	2.94
Minerals				
Calcium, Ca	mg	348	358	21
Iron, Fe	mg	2.94	3.03	0.18
Magnesium, Mg	mg	54	56	3
Phosphorus, P	mg	79	81	5
Potassium, K	mg	827	852	50
Sodium, Na	mg	35	36	2
Zinc, Zn	mg	0.92	0.95	0.06
Vitamins				
Vitamin C, total ascorbic acid	mg	0.2	0.2	0.0
Thiamin	mg	0.053	0.055	0.003
Riboflavin	mg	0.461	0.475	0.028
Niacin	mg	1.897	1.954	0.114
Vitamin B-6	mg	0.366	0.377	0.022
Folate, DFE	µg	29	30	2
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	1	1	0
Vitamin A, IU	IU	14	14	1
Vitamin E (alpha-tocopherol)	mg	0.63	0.65	0.04

Nutrient	Unit	1 Value Per100 g	1 cup 103g	1 tbsp 6g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.090	0.093	0.005
Fatty acids, total monounsaturated	g	0.197	0.203	0.012
Fatty acids, total polyunsaturated	g	0.216	0.222	0.013
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0