

Basic Report 20001, Amaranth grain, uncooked

Report Date: October 24, 2017 00:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 193g
Proximates			
Water	g	11.29	21.79
Energy	kcal	371	716
Protein	g	13.56	26.17
Total lipid (fat)	g	7.02	13.55
Carbohydrate, by difference	g	65.25	125.93
Fiber, total dietary	g	6.7	12.9
Sugars, total	g	1.69	3.26
Minerals			
Calcium, Ca	mg	159	307
Iron, Fe	mg	7.61	14.69
Magnesium, Mg	mg	248	479
Phosphorus, P	mg	557	1075
Potassium, K	mg	508	980
Sodium, Na	mg	4	8
Zinc, Zn	mg	2.87	5.54
Vitamins			
Vitamin C, total ascorbic acid	mg	4.2	8.1
Thiamin	mg	0.116	0.224
Riboflavin	mg	0.200	0.386
Niacin	mg	0.923	1.781
Vitamin B-6	mg	0.591	1.141
Folate, DFE	µg	82	158
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	2	4
Vitamin E (alpha-tocopherol)	mg	1.19	2.30

Nutrient	Unit	1 Value Per100 g	1 cup 193g
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	1.459	2.816
Fatty acids, total monounsaturated	g	1.685	3.252
Fatty acids, total polyunsaturated	g	2.778	5.362
Cholesterol	mg	0	0
Amino Acids			
Other			