

Basic Report 20001, Amaranth grain, uncooked

Report Date: February 25, 2018 06:28 EST

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 |

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|------------------------------------|-------------|---------------------------------|-----------------------|
| 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 | | | |