

Basic Report 20004, Barley, hulled

Report Date: September 22, 2017 20:25 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 184g
Proximates			
Water	g	9.44	17.37
Energy	kcal	354	651
Protein	g	12.48	22.96
Total lipid (fat)	g	2.30	4.23
Carbohydrate, by difference	g	73.48	135.20
Fiber, total dietary	g	17.3	31.8
Sugars, total	g	0.80	1.47
Minerals			
Calcium, Ca	mg	33	61
Iron, Fe	mg	3.60	6.62
Magnesium, Mg	mg	133	245
Phosphorus, P	mg	264	486
Potassium, K	mg	452	832
Sodium, Na	mg	12	22
Zinc, Zn	mg	2.77	5.10
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.646	1.189
Riboflavin	mg	0.285	0.524
Niacin	mg	4.604	8.471
Vitamin B-6	mg	0.318	0.585
Folate, DFE	µg	19	35
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	1	2
Vitamin A, IU	IU	22	40
Vitamin E (alpha-tocopherol)	mg	0.57	1.05

Nutrient	Unit	1 Value Per100 g	1 cup 184g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	2.2	4.0
Lipids			
Fatty acids, total saturated	g	0.482	0.887
Fatty acids, total monounsaturated	g	0.295	0.543
Fatty acids, total polyunsaturated	g	1.108	2.039
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0