

Basic Report 20016, Corn flour, whole-grain, yellow

Report Date: February 15, 2019 14:08 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 117g
Proximates			
Water	g	10.91	12.76
Energy	kcal	361	422
Protein	g	6.93	8.11
Total lipid (fat)	g	3.86	4.52
Carbohydrate, by difference	g	76.85	89.91
Fiber, total dietary	g	7.3	8.5
Sugars, total	g	0.64	0.75
Minerals			
Calcium, Ca	mg	7	8
Iron, Fe	mg	2.38	2.78
Magnesium, Mg	mg	93	109
Phosphorus, P	mg	272	318
Potassium, K	mg	315	369
Sodium, Na	mg	5	6
Zinc, Zn	mg	1.73	2.02
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.246	0.288
Riboflavin	mg	0.080	0.094
Niacin	mg	1.900	2.223
Vitamin B-6	mg	0.370	0.433
Folate, DFE	µg	25	29
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	11	13
Vitamin A, IU	IU	214	250
Vitamin E (alpha-tocopherol)	mg	0.42	0.49

Nutrient	Unit	1 Value Per100 g	1 cup 117g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.3	0.4
Lipids			
Fatty acids, total saturated	g	0.543	0.635
Fatty acids, total monounsaturated	g	1.018	1.191
Fatty acids, total polyunsaturated	g	1.759	2.058
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0