

## Basic Report 20018, Corn flour, yellow, degermed, unenriched

Report Date: July 15, 2019 20:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 126g
<b>Proximates</b>			
Water	g	9.81	12.36
Energy	kcal	375	472
Protein	g	5.59	7.04
Total lipid (fat)	g	1.39	1.75
Carbohydrate, by difference	g	82.75	104.27
Fiber, total dietary	g	1.9	2.4
Sugars, total	g	0.64	0.81
<b>Minerals</b>			
Calcium, Ca	mg	2	3
Iron, Fe	mg	0.91	1.15
Magnesium, Mg	mg	18	23
Phosphorus, P	mg	60	76
Potassium, K	mg	90	113
Sodium, Na	mg	1	1
Zinc, Zn	mg	0.37	0.47
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.074	0.093
Riboflavin	mg	0.058	0.073
Niacin	mg	2.656	3.347
Vitamin B-6	mg	0.097	0.122
Folate, DFE	µg	48	60
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	11	14
Vitamin A, IU	IU	214	270
Vitamin E (alpha-tocopherol)	mg	0.15	0.19

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 126g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.3	0.4
<b>Lipids</b>			
Fatty acids, total saturated	g	0.171	0.215
Fatty acids, total monounsaturated	g	0.274	0.345
Fatty acids, total polyunsaturated	g	0.695	0.876
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0