

Basic Report 20064, Rye flour, medium

Report Date: June 16, 2019 05:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 102g
Proximates			
Water	g	10.97	11.19
Energy	kcal	349	356
Protein	g	10.88	11.10
Total lipid (fat)	g	1.52	1.55
Carbohydrate, by difference	g	75.43	76.94
Fiber, total dietary	g	11.8	12.0
Sugars, total	g	1.10	1.12
Minerals			
Calcium, Ca	mg	24	24
Iron, Fe	mg	2.54	2.59
Magnesium, Mg	mg	63	64
Phosphorus, P	mg	225	230
Potassium, K	mg	374	381
Sodium, Na	mg	2	2
Zinc, Zn	mg	2.17	2.21
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.287	0.293
Riboflavin	mg	0.114	0.116
Niacin	mg	1.727	1.762
Vitamin B-6	mg	0.268	0.273
Folate, DFE	µg	34	35
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	1.43	1.46

Nutrient	Unit	1 Value Per100 g	1 cup 102g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	5.9	6.0
Lipids			
Fatty acids, total saturated	g	0.180	0.184
Fatty acids, total monounsaturated	g	0.189	0.193
Fatty acids, total polyunsaturated	g	0.695	0.709
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0

Footnotes

^a Value based on the analysis of 5-methyltetrahydrofolate and tetrahydrofolate.