

Basic Report 20066, Semolina, enriched

Report Date: June 18, 2019 13:10 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 167g
Proximates			
Water	g	12.67	21.16
Energy	kcal	360	601
Protein	g	12.68	21.18
Total lipid (fat)	g	1.05	1.75
Carbohydrate, by difference	g	72.83	121.63
Fiber, total dietary	g	3.9	6.5
Minerals			
Calcium, Ca	mg	17	28
Iron, Fe	mg	4.36	7.28
Magnesium, Mg	mg	47	78
Phosphorus, P	mg	136	227
Potassium, K	mg	186	311
Sodium, Na	mg	1	2
Zinc, Zn	mg	1.05	1.75
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.811	1.354
Riboflavin	mg	0.571	0.954
Niacin	mg	5.990	10.003
Vitamin B-6	mg	0.103	0.172
Folate, DFE	µg	261	436
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	0.26	0.43
Vitamin D (D2 + D3)	µg	0.0	0.0

Nutrient	Unit	1 Value Per100 g	1 cup 167g
Vitamin D	IU	0	0

Lipids

Fatty acids, total saturated	g	0.150	0.251
Fatty acids, total monounsaturated	g	0.124	0.207
Fatty acids, total polyunsaturated	g	0.430	0.718
Cholesterol	mg	0	0

Amino Acids

Other