

Full Report (All Nutrients) 20066, Semolina, enriched

Report Date: September 20, 2019 01:34 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4.12 Fat Factor: 8.37 Protein Factor:4.05 Nitrogen to Protein Conversion Factor:5.7

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 167g
Proximates					
Water	g	12.67	3	1.010	21.16
Energy	kcal	360	--	--	601
Energy	kJ	1506	--	--	2515
Protein	g	12.68	16	0.180	21.18
Total lipid (fat)	g	1.05	2	--	1.75
Ash	g	0.77	45	0.020	1.29
Carbohydrate, by difference	g	72.83	--	--	121.63
Fiber, total dietary	g	3.9	--	--	6.5
Minerals					
Calcium, Ca	mg	17	4	0.000	28
Iron, Fe	mg	4.36	2	--	7.28
Magnesium, Mg	mg	47	6	5.000	78
Phosphorus, P	mg	136	4	12.000	227
Potassium, K	mg	186	4	9.000	311
Sodium, Na	mg	1	4	0.000	2
Zinc, Zn	mg	1.05	4	0.070	1.75
Copper, Cu	mg	0.189	4	0.004	0.316
Manganese, Mn	mg	0.619	4	0.021	1.034
Selenium, Se	µg	89.4	--	--	149.3
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.811	2	--	1.354

Nutrient	Unit	1			1 cup 167g
		Value Per100 g	Data points	Std. Error	
Riboflavin	mg	0.571	2	--	0.954
Niacin	mg	5.990	2	--	10.003
Pantothenic acid	mg	0.580	2	--	0.969
Vitamin B-6	mg	0.103	4	0.004	0.172
Folate, total	µg	183	--	--	306
Folic acid	µg	111	--	--	185
Folate, food	µg	72	2	--	120
Folate, DFE	µg	261	--	--	436
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	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
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.150	--	--	0.251
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.002	1	--	0.003
16:0	g	0.131	1	--	0.219
18:0	g	0.017	1	--	0.028
Fatty acids, total monounsaturated	g	0.124	--	--	0.207
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.124	1	--	0.207
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.430	--	--	0.718
18:2 undifferentiated	g	0.393	1	--	0.656
18:3 undifferentiated	g	0.037	1	--	0.062

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 167g
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.162	2	--	0.271
Threonine	g	0.335	6	--	0.559
Isoleucine	g	0.490	6	--	0.818
Leucine	g	0.867	6	--	1.448
Lysine	g	0.243	6	--	0.406
Methionine	g	0.198	6	--	0.331
Cystine	g	0.358	6	--	0.598
Phenylalanine	g	0.616	6	--	1.029
Tyrosine	g	0.333	6	--	0.556
Valine	g	0.540	6	--	0.902
Arginine	g	0.467	6	--	0.780
Histidine	g	0.257	6	--	0.429
Alanine	g	0.372	6	--	0.621
Aspartic acid	g	0.518	6	--	0.865
Glutamic acid	g	4.571	6	--	7.634
Glycine	g	0.401	6	--	0.670
Proline	g	1.395	6	--	2.330
Serine	g	0.598	6	--	0.999
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Flavonoids					
Isoflavones					
Daidzein 1	mg	0.01	1	--	0.02
Genistein 1	mg	0.02	1	--	0.03
Total isoflavones 1	mg	0.02	1	--	0.03

¹Liggins, J., Mulligan, A., Runswick, S., and Bingham, S. A. **Daidzein and genistein content of cereals.**, 2002 Euro. J. Clin. Nutr. 56 pp.961-966

Langual Code(s)

- A0149 MILLED GRAIN OR STARCH PRODUCT (US CFR)
- A1290 2000 CEREAL GRAINS AND PASTA (USDA SR)
- B1079 DURUM WHEAT
- C0208 SEED, SKIN REMOVED, GERM REMOVED (ENDOSPERM)
- E0117 MEDIUM GROUND
- F0001 EXTENT OF HEAT TREATMENT NOT KNOWN
- G0003 COOKING METHOD NOT APPLICABLE
- H0181 IRON ADDED
- H0194 NUTRIENT OR DIETARY SUBSTANCE ADDED
- H0309 THIAMINE ADDED
- H0310 RIBOFLAVIN ADDED
- H0311 NIACIN ADDED
- H0762 FOLIC ACID ADDED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION