

Full Report (All Nutrients) 20067, Sorghum grain

Report Date: March 17, 2018 00:35 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4.03 Fat Factor: 8.37 Protein Factor:0.91 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 192g
Proximates					
Water 1 2	g	12.40	10	0.312	23.81
Energy	kcal	329	--	--	632
Energy	kJ	1377	--	--	2644
Protein 1	g	10.62	5	0.379	20.39
Total lipid (fat) 1	g	3.46	5	0.050	6.64
Ash 1	g	1.43	5	0.072	2.75
Carbohydrate, by difference	g	72.09	--	--	138.41
Fiber, total dietary 1 3	g	6.7	6	0.400	12.9
Sugars, total	g	2.53	--	--	4.86
Minerals					
Calcium, Ca 1	mg	13	5	0.875	25
Iron, Fe 1	mg	3.36	5	0.192	6.45
Magnesium, Mg 1 4	mg	165	6	24.900	317
Phosphorus, P 1	mg	289	5	16.975	555
Potassium, K 1	mg	363	5	21.061	697
Sodium, Na 1	mg	2	5	0.626	4
Zinc, Zn 1 4	mg	1.67	6	0.125	3.21
Copper, Cu 1	mg	0.284	5	--	0.545
Manganese, Mn 1 4	mg	1.605	6	0.025	3.082
Selenium, Se	µg	12.2	--	--	23.4
Vitamins					
Vitamin C, total ascorbic acid 1	mg	0.0	5	0.000	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 192g
Thiamin 1	mg	0.332	5	0.007	0.637
Riboflavin 1	mg	0.096	5	0.009	0.184
Niacin 1	mg	3.688	5	0.422	7.081
Pantothenic acid 1	mg	0.367	5	0.005	0.705
Vitamin B-6 1 4	mg	0.443	6	0.147	0.851
Folate, total 4	µg	20	1	--	38
Folic acid	µg	0	--	--	0
Folate, food	µg	20	1	--	38
Folate, DFE	µg	20	--	--	38
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol 1	µg	0	5	0.000	0
Vitamin A, IU	IU	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.50	--	--	0.96
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.610	--	--	1.171
12:0 1	g	0.001	2	--	0.002
14:0 1	g	0.002	4	0.000	0.004
15:0 1	g	0.001	2	--	0.002
16:0 1	g	0.543	5	0.014	1.043
17:0 1	g	0.002	5	0.000	0.004
18:0 1	g	0.052	5	0.002	0.100
22:0 1	g	0.004	3	0.000	0.008
24:0 1	g	0.008	5	0.000	0.015
Fatty acids, total monounsaturated	g	1.131	--	--	2.172
16:1 undifferentiated 1	g	0.016	5	0.001	0.031
16:1 t 1	g	0.002	4	0.000	0.004
18:1 undifferentiated 1	g	1.101	5	0.036	2.114
20:1 1	g	0.011	5	0.000	0.021
24:1 c 1	g	0.003	2	--	0.006

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 192g
Fatty acids, total polyunsaturated	g	1.558	--	--	2.991
18:2 undifferentiated 1	g	1.493	5	0.014	2.867
18:3 undifferentiated 1	g	0.065	5	0.005	0.125
Fatty acids, total trans	g	0.005	--	--	0.010
Fatty acids, total trans-monoenoic	g	0.005	--	--	0.010
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.124	14	--	0.238
Threonine	g	0.346	63	--	0.664
Isoleucine	g	0.433	63	--	0.831
Leucine	g	1.491	65	--	2.863
Lysine	g	0.229	69	--	0.440
Methionine	g	0.169	64	--	0.324
Cystine	g	0.127	51	--	0.244
Phenylalanine	g	0.546	63	--	1.048
Tyrosine	g	0.321	63	--	0.616
Valine	g	0.561	53	--	1.077
Arginine	g	0.355	64	--	0.682
Histidine	g	0.246	63	--	0.472
Alanine	g	1.033	62	--	1.983
Aspartic acid	g	0.743	62	--	1.427
Glutamic acid	g	2.439	62	--	4.683
Glycine	g	0.346	62	--	0.664
Proline	g	0.852	62	--	1.636
Serine	g	0.462	60	--	0.887
Other					
Flavonoids					
Proanthocyanidin					
Proanthocyanidin dimers 5 6	mg	36.1	4	0.54	69.2
Proanthocyanidin trimers 5 6	mg	46.2	4	0.5	88.7
Proanthocyanidin 4-6mers 5 6	mg	228.1	4	3.37	438.0
Proanthocyanidin 7-10mers 5 6	mg	293.8	4	3.74	564.1
Proanthocyanidin polymers (>10mers) 5 6	mg	1346.3	4	31.83	2584.9

Sources of Data

¹*United Sorghum Checkoff Program* **United Sorghum Checkoff Program composition data**, 2014

²*N.J. NEUCERE, G. SUMRELL* **Chemical composition of different varieties of grain sorghum**, 1980 *Journal of Agricultural and Food Chemistry* 28 1 pp.19-21

³*National Grain Sorghum Producers* **Dietary fiber content of ground whole sorghum grain**, 2005

⁴*S.O Serna-Saldivar* **Chemical COmposition of cereal grains**, 2010 *Cereal Grains* pp.81-108

⁵*Awika, J.M., Dykes, L., Gu, L., Rooney, L.W., and Prior, R.L.* **Processing sorghum (Sorghum bicolor) and sorghum products alters procyanidin oligomer and polymer distribution and content**, 2003 *J. Agric. Food Chem.* 51 pp.5516-5521

⁶*Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L.* **Concentrations of proanthocyanidins in common foods and estimations of normal consumption**, 2004 *J. Nutr.* 134 pp.613-617

Footnotes

^a Total dietary fiber value is for white sorghum. Total dietary fiber values for other types of sorghum range from 8.8 to 11.1 g/100g.