

Basic Report 20070, Triticale flour, whole-grain

Report Date: March 20, 2018 05:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 130g
Proximates			
Water	g	10.01	13.01
Energy	kcal	338	439
Protein	g	13.18	17.13
Total lipid (fat)	g	1.81	2.35
Carbohydrate, by difference	g	73.14	95.08
Fiber, total dietary	g	14.6	19.0
Minerals			
Calcium, Ca	mg	35	46
Iron, Fe	mg	2.59	3.37
Magnesium, Mg	mg	153	199
Phosphorus, P	mg	321	417
Potassium, K	mg	466	606
Sodium, Na	mg	2	3
Zinc, Zn	mg	2.66	3.46
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.378	0.491
Riboflavin	mg	0.132	0.172
Niacin	mg	2.860	3.718
Vitamin B-6	mg	0.403	0.524
Folate, DFE	µg	74	96
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	0.90	1.17
Vitamin D (D2 + D3)	µg	0.0	0.0

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Vitamin D	IU	0	0

Lipids

Fatty acids, total saturated	g	0.318	0.413
Fatty acids, total monounsaturated	g	0.183	0.238
Fatty acids, total polyunsaturated	g	0.794	1.032
Cholesterol	mg	0	0

Amino Acids

Other