

## Basic Report 20072, Wheat, hard red winter

Report Date: July 15, 2019 20:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 192g
<b>Proximates</b>			
Water	g	13.10	25.15
Energy	kcal	327	628
Protein	g	12.61	24.21
Total lipid (fat)	g	1.54	2.96
Carbohydrate, by difference	g	71.18	136.67
Fiber, total dietary	g	12.2	23.4
Sugars, total	g	0.41	0.79
<b>Minerals</b>			
Calcium, Ca	mg	29	56
Iron, Fe	mg	3.19	6.12
Magnesium, Mg	mg	126	242
Phosphorus, P	mg	288	553
Potassium, K	mg	363	697
Sodium, Na	mg	2	4
Zinc, Zn	mg	2.65	5.09
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.383	0.735
Riboflavin	mg	0.115	0.221
Niacin	mg	5.464	10.491
Vitamin B-6	mg	0.300	0.576
Folate, DFE	µg	38	73
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	9	17
Vitamin E (alpha-tocopherol)	mg	1.01	1.94

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	1.9	3.6
<b>Lipids</b>			
Fatty acids, total saturated	g	0.269	0.516
Fatty acids, total monounsaturated	g	0.200	0.384
Fatty acids, total polyunsaturated	g	0.627	1.204
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0