

Basic Report 20137, Quinoa, cooked

Report Date: June 16, 2019 05:29 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup 185g |
|--------------------------------|------|------------------------|---------------|
| Proximates | | | |
| Water | g | 71.61 | 132.48 |
| Energy | kcal | 120 | 222 |
| Protein | g | 4.40 | 8.14 |
| Total lipid (fat) | g | 1.92 | 3.55 |
| Carbohydrate, by difference | g | 21.30 | 39.41 |
| Fiber, total dietary | g | 2.8 | 5.2 |
| Sugars, total | g | 0.87 | 1.61 |
| Minerals | | | |
| Calcium, Ca | mg | 17 | 31 |
| Iron, Fe | mg | 1.49 | 2.76 |
| Magnesium, Mg | mg | 64 | 118 |
| Phosphorus, P | mg | 152 | 281 |
| Potassium, K | mg | 172 | 318 |
| Sodium, Na | mg | 7 | 13 |
| Zinc, Zn | mg | 1.09 | 2.02 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 |
| Thiamin | mg | 0.107 | 0.198 |
| Riboflavin | mg | 0.110 | 0.204 |
| Niacin | mg | 0.412 | 0.762 |
| Vitamin B-6 | mg | 0.123 | 0.228 |
| Folate, DFE | µg | 42 | 78 |
| Vitamin B-12 | µg | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 0 | 0 |
| Vitamin A, IU | IU | 5 | 9 |
| Vitamin E (alpha-tocopherol) | mg | 0.63 | 1.17 |

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| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 |
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| Vitamin K (phylloquinone) | µg | 0.0 | 0.0 |
| Lipids | | | |
| Fatty acids, total saturated | g | 0.231 | 0.427 |
| Fatty acids, total monounsaturated | g | 0.528 | 0.977 |
| Fatty acids, total polyunsaturated | g | 1.078 | 1.994 |
| Cholesterol | mg | 0 | 0 |
| Amino Acids | | | |
| Other | | | |
| Caffeine | mg | 0 | 0 |