

The values shown above are based on 100g test.

	Units	Rice	Millet	Amaranth	Quinoa	Corn	Sorghum	Buckwheat
PROXIMATES								
Water	g	12.89	8.67	9.84	9.3	10.37	9.2	9.75
Energy	kJ	1506	1582	1649	1565	1527	1418	1435
Protein	g	6.61	11.02	14.45	13.1	9.42	11.3	13.25
Fat (total)	g	0.58	4.22	6.51	5.8	4.74	3.3	3.4
Ash	g	0.58	3.25	3.04	2.9	1.2	1.57	2.1
Carbohydrate	g	79.34	72.85	66.17	68.9	74.26	74.63	71.5
Dietary Fiber	g	0	8.5	9.3	5.9	7.3	6.3	
MINERALS								
Calcium (Ca)	mg	9	8	214	80	7	28	18
Iron (Fe)	mg	0.8	3.01	7.59	9.25	2.71	4.4	2.2
Magnesium (Mg)	mg	35	114	266	210	127	-	231
Phosphorous (p)	mg	108	285	455	410	210	287	347
Potassium (K)	mg	86	195	366	740	287	350	460
Sodium (Na)	mg	1	5	21	21	35	6	1
Zinc (Zn)	mg	1.16	1.68	3.18	3.3	2.21	-	2.4
Copper (Cu)	mg	0.11	0.75	0.777	0.82	0.314	-	1.1
Manganese (Mn)	mg	1.1	1.632	2.26	2.26	0.485	-	1.3
Selenium (Se)	mg	0	2.7	0	0	15.5	-	8.3
VITAMINS								
Ascorvic Acid, C	mg	0	0	4.2	0	0	0	0
Thiamin, B1	mg	0.07	0.421	0.08	0.198	0.385	0.237	0.101
Riboflavin, B2	mg	0.048	0.29	0.208	0.396	0.201	0.142	0.245
Niacin	mg	1.6	4.72	1.286	2.93	3.627	2.927	7.02
Panhotenic Acid	mg	1.342	0.848	1.047	1.047	0.424	-	1.233
Cobalamin, B6	mg	0.145	0.384	0.223	0.223	0.622	-	0.21
Folate	mcg	9	85	49	49	19	-	30
Folic Acid	mcg	0	0	0	0	0	-	0
Vitamin B12	mcg	0	0	0	0	0	0	0
Vitamin E	mg	0	0.05	-	-	0.49	0	0
Vitamin K	mcg	0	0.9	-	-	0.3	-	0
LIPIDS (total)								
Saturated	g	0.158	0.723	1.662	0.59	0.667	0.457	0.741
Monounsaturated	g	0.181	0.773	1.433	1.535	1.251	0.993	1.04
Polyunsaturated	g	0.155	2.134	2.891	2.347	2.163	1.37	1.039
Cholesterol	mg	0	0	0	0	0	0	0
AMINO ACIDS								
<i>Tryptophan</i>	g	0.077	0.119	0.181	-	0.067	0.124	0.192
<i>Threonine</i>	g	0.236	0.353	0.558	0.459	0.354	0.346	0.506
<i>Isoleucine</i>	g	0.285	0.465	0.582	0.472	0.337	0.433	0.498
<i>Leucine</i>	g	0.546	1.4	0.879	0.786	1.155	1.491	0.832
<i>Lysine</i>	g	0.239	0.212	0.747	0.734	0.265	0.229	0.672

<i>Methionine</i>	g	0.155	0.221	0.226	0.262	0.197	0.169	0.172
Cysteine	g	0.135	0.212	0.191	-	0.17	0.127	0.229
<i>Phenylalanine</i>	g	0.353	0.58	0.542	0.537	0.463	0.546	0.52
Tyrosine	g	0.221	0.34	0.329	0.367	0.383	0.321	0.241
<i>Valine</i>	g	0.403	0.578	0.679	0.589	0.477	0.561	0.678
Arginine	g	0.551	0.382	1.06	0.918	0.47	0.355	0.982
Histidine	g	0.155	0.236	0.389	0.314	0.287	0.246	0.309
Alanine	g	0.383	0.986	0.799	0.616	0.705	1.033	0.748
Aspartic Acid	g	0.621	0.726	1.261	0.956	0.655	0.743	1.133
Glutamic Acid	g	1.288	2.396	2.259	1.559	1.768	2.439	2.046
Glycine	g	0.301	0.287	1.636	0.681	0.386	0.346	1.031
Proline	g	0.311	0.877	0.698	0.407	0.822	0.852	0.507
Serine	g	0.347	0.644	1.148	0.484	0.447	0.462	0.685

The data shown above is that provided by the USDA (2005) and available on www.usda.gov

Amino acids in Italics are essential aminoacids.

Data marked (-) was not measured or supplied.

The values in these table may vary according to the actual species surveyed.