

Nutritional Information for Quinoa

Amount: 1/2 cup dry, 3.5 oz.

Basic Information

Calories: 374
Protein: 13 grams
Carbohydrates: 69 grams
Fat: 6 grams
Dietary Fiber: unknown
Cholesterol: 0 mg
Sodium: 21 mg

Vitamins

Vitamin A:
Vitamin B6: 0.2 mg
Vitamin B12: 0 mg
Vitamin C:
Vitamin D:
Vitamin E:
Vitamin K:
Biotin:
Folacin: 49 mcg
Niacin: 3 mg
Panthothenic Acid:
Riboflavin: 0.4 mg
Thiamin: 0.2 mg

Minerals

Calcium:
Chromium:
Copper: 0.8 mg
Fluoride:
Iodine:
Iron: 9 mg
Magnesium: 210 mg
Manganese: 2.3 mg
Molybdenum:
Phosphorus: 410 mg
Potassium: 740 mg
Selenium:
Zinc: 3 mg

Fat Composition

Polyunsaturated Fat:
Monounsaturated Fat:
Saturated Fat: less than 1 gram
Omega-3 Fatty Acids:

Essential Amino Acids

Histidine:
Isoleucine:
Leucine:
Lysine:
Methionine/Cysteine:
Phenylalanine/Tyrosine:
Threonine:
Tryptophan:
Valine: