

# Nutrition Facts

## Amaranth-Whole and Ground

Organic and Regular

Size: **100 Grams** (Note, this is a standardized measurement to help you determine the nutritional impact that this ingredient has in your completed product. **This is not a single serving size.**)

Water Content	(Grams)	9.84
Food Energy	(Calories)	374
Protein	(Grams)	14.45
Fat	(Grams)	6.51
Saturated Fat	(Grams)	1.66
Monounsaturated Fat	(Grams)	1.43
Polyunsaturated Fat	(Grams)	2.89
Total Carbohydrate	(Grams)	66.17
Fiber	(Grams)	15.2
Ash	(Grams)	3.04
Zinc	(Mg)	3.18
Calcium	(Mg)	153
Phosphorus	(Mg)	455
Sodium	(Mg)	21
Potassium	(Mg)	366
Iron	(Mg)	7.59
Thiamine (Vitamin B1)	(Mg)	0.08
Riboflavin (Vitamin B2)	(Mg)	0.21
Niacin	(Mg)	1.29
Magnesium	(Mg)	266
Ascorbic Acid (Vitamin C)	(Mg)	4.20
Vitamin A Activity	(Int'l Units)	0
Trans Fatty Acid	(Grams)	0
Cholesterol	(Mg)	0

Data Source: U. S. D. A.

All Values Are Proximate Composition Of Sampled Goods. Values May Change With The Quality And Origin Of The Actual Goods Supplied. We At Bakers Elements, Provide This Information Without Warrantee And Assume No Responsibility For The Accuracy Or Integrity Of The Information Provided Or It's Source As Listed Above. 05/06/2008