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Full Report

Nutrient data for 20137, Quinoa, cooked

Quinoa


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Food Group: Cereal Grains and Pasta

Scientific Name: Chenopodium quinoa Willd.

Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor: 4 Nitrogen to Protein Conversion Factor: 6.25

Nutrient values and weights are for edible portion

Apply Changes 						
Nutrient	Unit	<input type="text" value="1"/> Value per 100.0g	# of Data Points	Std. Error	<input type="text" value="1.0"/> cup 185g	
Proximates						
Water ¹	g	71.61	3	3.951	132.48	
Energy	kcal	120	--	--	222	
Energy	kJ	503	--	--	931	
Protein ¹	g	4.40	3	0.823	8.14	
Total lipid (fat) ¹	g	1.92	3	0.272	3.55	
Ash ¹	g	0.76	3	0.104	1.41	
Carbohydrate, by difference	g	21.30	--	--	39.40	
Fiber, total dietary ¹	g	2.8	3	0.371	5.2	
Starch ¹	g	17.63	3	2.184	32.62	
Minerals						
Calcium, Ca ¹	mg	17	3	2.887	31	
Iron, Fe ¹	mg	1.49	3	0.295	2.76	
Magnesium, Mg ¹	mg	64	3	12.365	118	
Phosphorus, P ¹	mg	152	3	29.400	281	
Potassium, K ¹	mg	172	3	25.129	318	
Sodium, Na ¹	mg	7	3	3.170	13	
Zinc, Zn ¹	mg	1.09	3	0.211	2.02	
Copper, Cu ¹	mg	0.192	3	0.031	0.355	
Manganese, Mn ¹	mg	0.631	3	0.145	1.167	
Selenium, Se ¹	µg	2.8	3	0.562	5.2	
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	
Thiamin ¹	mg	0.107	3	0.022	0.198	

Riboflavin ¹	mg	0.110	3	0.021	0.204
Niacin ¹	mg	0.412	3	0.073	0.762
Vitamin B-6 ¹	mg	0.123	3	0.033	0.228
Folate, total ¹	µg	42	3	3.756	78
Folic acid	µg	0	--	--	0
Folate, food ¹	µg	42	3	3.756	78
Folate, DFE [*]	mcg_DFE	42	--	--	78
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	mcg_RAE	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	5	--	--	9
Vitamin E (alpha-tocopherol) ¹	mg	0.63	3	0.128	1.17
Tocopherol, beta ¹	mg	0.03	3	0.007	0.06
Tocopherol, gamma ¹	mg	1.19	3	0.331	2.20
Tocopherol, delta ¹	mg	0.11	3	0.037	0.20
Lipids					
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan ¹	g	0.052	--	--	0.096
Threonine ¹	g	0.131	--	--	0.242
Isoleucine ¹	g	0.157	--	--	0.290
Leucine ¹	g	0.261	--	--	0.483
Lysine ¹	g	0.239	--	--	0.442
Methionine ¹	g	0.096	--	--	0.178
Cystine ¹	g	0.063	--	--	0.117
Phenylalanine ¹	g	0.185	--	--	0.342
Tyrosine ¹	g	0.083	--	--	0.154
Valine ¹	g	0.185	--	--	0.342
Arginine ¹	g	0.340	--	--	0.629
Histidine ¹	g	0.127	--	--	0.235
Alanine ¹	g	0.183	--	--	0.339
Aspartic acid ¹	g	0.353	--	--	0.653
Glutamic acid ¹	g	0.580	--	--	1.073
Glycine ¹	g	0.216	--	--	0.400
Proline ¹	g	0.240	--	--	0.444
Serine ¹	g	0.176	--	--	0.326

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9a, 2005 Beltsville MD

LanguagL Code(s)

- A0125 GRAIN OR STARCH PRODUCT (US CFR)
- A1290 2000 CEREAL GRAINS AND PASTA (USDA SR)
- B2027 QUINOA
- C0155 SEED
- E0150 WHOLE, NATURAL SHAPE
- F0014 FULLY HEAT-TREATED
- G0012 COOKED BY MOIST HEAT