

Cooked, Whole Grain Sorghum's Nutrient Profile (140 grams RACC)

Formula: Nutrient Amount per 100 grams x 1.4 = Conversion Amount / RDI Amount = % DV

Example – Fiber: 6.7 grams per 100 grams x 1.4 = 9.38 / 28 grams (RDI) = 33.5% DV

Macro/Micro-Nutrient	% Daily Value (%DV)	Good/Excellent Source of, Claim Eligibility?
<i>Macro Nutrients</i>	---	
Fiber	33.5%	Excellent Source, Eligible
Protein	29.68%	Excellent Source, Eligible
<i>Micro Nutrients</i>	---	---
Vitamin A	0%	No
Vitamin C	0%	No
Vitamin D	0%	No
Vitamin E	4.6%	No
Vitamin K	*	---
Vitamin B6	36.48%	Excellent Source, Eligible
Vitamin B12	0%	No
Calcium	1.4%	No
Iron	26.13%	Excellent Source, Eligible
Thiamin	38.73%	Excellent Source, Eligible
Riboflavin	10.33	Good Source, Eligible
Niacin	32.28	Excellent Source, Eligible
Folate	7%	No
Biotin	*	---
Pantothenic Acid	10.27	Good Source, Eligible

Phosphorus	32.36%	Excellent Source, Eligible
Iodine	*	---
Magnesium	55%	Excellent Source, Eligible
Zinc	21.25	Excellent Source, Eligible
Selenium	31.05%	Excellent Source, Eligible
Copper	44.17	Excellent Source, Eligible
Manganese	97.39	Excellent Source, Eligible
Chromium	*	---
Molybdenum	*	---
Chloride	*	---
Potassium	10.81	Good Source, Eligible
Choline	*	---

* - Not listed in the USDA/ARS database. Must use certified laboratory analysis results if you want to utilize nutrient content claims for these nutrients.