

Refined, Unenriched Sorghum Flour's Nutrient Profile (30 grams RACC)

Formula: Nutrient Amount per 100 grams x 0.3 = Conversion Amount / RDI Amount = % DV

Example – Thiamin: 0.09 mg per 100 grams x 0.3 = .027 / 1.2 mg (RDI) = 2.25% DV

Sorghum Flour, Unrefined, Unenriched (NDB 20650) on FoodData Central

Macro/Micro-Nutrient	% Daily Value (%DV)	Good/Excellent Source of, Claim Eligibility?
<i>Macro Nutrients</i>	---	
Fiber	2.03%	No
Protein	5.71%	No
<i>Micro Nutrients</i>	---	---
Vitamin A	*	---
Vitamin C	.2%	No
Vitamin D	*	---
Vitamin E	*	---
Vitamin K	*	---
Vitamin B6	1.2%	No
Vitamin B12	*	---
Calcium	.13%	No
Iron	1.61%	No
Thiamin	2.25%	No
Riboflavin	.11%	No
Niacin	2.49%	No
Folate	*	---
Biotin	*	---
Pantothenic Acid	1.1%	No
Phosphorus	2.08%	No
Iodine	*	---
Magnesium	2.21%	No
Zinc	1.28%	No
Selenium	*	---
Copper	.3%	No
Manganese	5.6%	No
Chromium	*	---
Molybdenum	*	---
Chloride	*	---
Potassium	.92%	No
Choline	*	---

* - Not listed in the USDA/ARS database.

Revised 06/02/2025