

Uncooked, Whole Grain Sorghum's Nutrient Profile (45 grams RACC)

Formula: Nutrient Amount per 100 grams x 0.45 = Conversion Amount / RDI Amount = % DV

Example – Niacin: 3.688 mg per 100 grams x 0.45 = 1.6596 / 16 mg (RDI) = 10.37% DV

Sorghum Grain (NDB 20067) listing on FoodData Central

Macro/Micro-Nutrient	% Daily Value (%DV)	Good/Excellent Source of Claim Eligibility?
<i>Macro Nutrients</i>	---	---
Fiber	10.76%	Good Source, Eligible
Protein	9.54%	No
<i>Micro Nutrients</i>	---	---
Vitamin A	0%	No
Vitamin C	0%	No
Vitamin D	0%	No
Vitamin E	1.5%	No
Vitamin K	*	---
Vitamin B6	11.72%	Good Source, Eligible
Vitamin B12	0%	No
Calcium	.45%	No
Iron	8.4%	No
Thiamin	12.45%	Good Source, Eligible
Riboflavin	3.32%	No
Niacin	10.37%	Good Source, Eligible
Folate	2.25%	No
Biotin	*	---
Pantothenic Acid	3.3%	No

* - Not listed in the USDA/ARS database.

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Phosphorus	10.40%	Good Source, Eligible
Iodine	*	---
Magnesium	17.67%	Good Source, Eligible
Zinc	6.83%	---
Selenium	9.98%	No
Copper	14.2%	Good Source, Eligible
Manganese	31.30%	Excellent Source, Eligible
Chromium	*	---
Molybdenum	*	---
Chloride	*	---
Potassium	3.47%	No
Choline	*	---

* - Not listed in the USDA/ARS database.

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