

### Whole Grain Sorghum Flour's Nutrient Profile (30 grams RACC)

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

Example – Manganese: 1.26 mg per 100 grams x 0.3 = .378 / 2.3 mg (RDI) = 16.43% DV

*Sorghum Flour, Whole Grain (NDB 20648) listing on FoodData Central*

Macro/Micro-Nutrient	% Daily Value (%DV)	Good/Excellent Source of Claim Eligibility?
<i>Macro Nutrients</i>	---	
Fiber	7.07%	No
Protein	5.05%	No
<i>Micro Nutrients</i>	---	---
Vitamin A	*	---
Vitamin C	.26%	No
Vitamin D	*	---
Vitamin E	1%	---
Vitamin K	1.7%	---
Vitamin B6	5.73%	No
Vitamin B12	*	---
Calcium	.27%	No
Iron	5.23%	No
Thiamin	8.22%	No
Riboflavin	1.4%	No
Niacin	8.43%	No
Folate	1.87%	No
Biotin	*	---
Pantothenic Acid	3.23%	No

\* - Not listed in the USDA/ARS database.

*Revised 06/02/2025*

Phosphorus	6.67%	No
Iodine	*	---
Magnesium	8.78%	No
Zinc	4.44%	No
Selenium	6.65%	No
Copper	8.43%	No
Manganese	16.43%	Good Source, Eligible
Chromium	*	---
Molybdenum	*	---
Chloride	*	---
Potassium	2.06%	No
Choline	*	---

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*Revised 06/02/2025*