

Proximates

Nutrient	Amount per 100 grams	
Water	9.44	g
Calories	354	kcal
Protein (N X 6.25)	12.48	g
Total lipid (fat)	2.30	g
Ash	2.29	g
Carbohydrates, by difference	73.49	g
Fiber, total dietary	17.3	g

Minerals

Calcium, Ca	33	mg
Iron, Fe	3.60	mg
Magnesium, Mg	133	mg
Phosphorus, P	264	mg
Potassium, K	452	mg
Sodium, Na	12	mg
Zinc, Zn	2.77	mg
Copper, Cu	0.498	mg
Manganese, Mn	1.943	mg
Selenium, Se	37.7	mcg

Vitamins

Vitamin C, total ascorbic acid	0.0	mg
Thiamin – B1	0.646	mg
Riboflavin - B2	0.285	mg
Niacin - B3	4.604	mg
Pantothenic	0.282	mg
Vitamin B6	0.318	mg
Folate, total	19	mcg
Folic acid	0	mcg
Folate, food	19	mcg
Folate, DFE	19	mcg_DFE
Vitamin B12	0.00	mcg
Vitamin A, IU	22	IU
Vitamin A, RAE	1	mcg_RE
Vitamin E(alpha-tocopherol)	0.57	mg_ATE

Lipids

Fatty acids, saturated	0.482	g
Fatty acids, monounsaturated	0.295	g
Fatty acids, polyunsaturated	1.108	g
Cholesterol	0	mg

Amino Acids

Tryptophan	0.208	g
Threonine	0.424	g
Isoleucine	0.456	g
Leucine	0.848	g
Lysine	0.465	g
Methionine	0.240	g
Cystine	0.276	g
Phenylalanine	0.700	g
Tyrosine	0.358	g
Valine	0.612	g
Arginine	0.625	g
Histidine	0.281	g
Alanine	0.486	g
Aspartic acid	0.779	g
Glutamic acid	3.261	g
Glycine	0.452	g
Proline	1.484	g
Serine	0.527	g

Others:

Alcohol, ethyl	0.0	mg
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