

## Nutritional Information for Amaranth

**Table 1. Nutritional Information for Amaranth and other Grains\***

	<b>Amaranth (100 g)</b>	<b>Rice, white, short grain (100 g)</b>	<b>Wheat, soft white (100 g)</b>	<b>Yellow corn (100 g)</b>	<b>Oats (100 g)</b>
Protein	14.5 g	6.5g	10.7 g	9.4 g	16.9 g
Dietary Fiber	9.3 g	2.8 g	12.7 g	7.3 g	10.6 g
Fat	6.5 g	0.5 g	2.0g	4.7 g	6.9 g
Carbohydrates	66.2 g	79.2 g	75.4g	74.3g	66.3g
Calcium	153.0 mg	3.0 mg	34.0 mg	7.0 mg	54.0 mg
Iron	7.6 mg	4.23 mg	5.4 mg	2.7 mg	4.7 mg
Calories	374.0 kcal	358.0 kcal	340.0 kcal	365.0 kcal	389.0 kcal

**Table 2. Nutritional Information for Amaranth and Similar Leaves\***

	<b>Amaranth leaves, cooked, boiled, drained, without salt (100 g)</b>	<b>Swiss chard, cooked boiled, drained, without salt (100 g)</b>	<b>Spinach leaves, cooked, boiled, drained, without salt (100 g)</b>
Calories	21.0 kcal	20.0 kcal	23.0 kcal
Carbohydrates	4.1 g	4.1 g	3.8 g
Protein	2.1 g	1.9 g	3.0 g
Calcium	209.0 mg	58.0 mg	136.0 mg
Phosphorous	72.0 mg	33.0 mg	56.0 mg
Iron	2.3 mg	2.3 mg	3.6 mg
Vitamin C	41.1 mg	18.0 mg	9.8 mg
Dietary Fiber	n/a	2.1 g	2.4 g
Folate	57.0 mcg	9.0 mcg	146.0 mcg

*\*According to the United States Department of Agriculture (2007) as posted on the [http://www.nal.usda.gov/fnic/foodcomp/cgi-bin/nut\\_search\\_new.pl](http://www.nal.usda.gov/fnic/foodcomp/cgi-bin/nut_search_new.pl)*