

# Nutritional Information for Quinoa

Amount: 1/2 cup dry, 3.5 oz.

## Basic Information

Calories: 374  
Protein: 13 grams  
Carbohydrates: 69 grams  
Fat: 6 grams  
Dietary Fiber: unknown  
Cholesterol: 0 mg  
Sodium: 21 mg

## Vitamins

Vitamin A:  
Vitamin B6: 0.2 mg  
Vitamin B12: 0 mg  
Vitamin C:  
Vitamin D:  
Vitamin E:  
Vitamin K:  
Biotin:  
Folacin: 49 mcg  
Niacin: 3 mg  
Panthothenic Acid:  
Riboflavin: 0.4 mg  
Thiamin: 0.2 mg

## Minerals

Calcium:  
Chromium:  
Copper: 0.8 mg  
Fluoride:  
Iodine:  
Iron: 9 mg  
Magnesium: 210 mg  
Manganese: 2.3 mg  
Molybdenum:  
Phosphorus: 410 mg  
Potassium: 740 mg  
Selenium:  
Zinc: 3 mg

## Fat Composition

Polyunsaturated Fat:  
Monounsaturated Fat:  
Saturated Fat: less than 1 gram  
Omega-3 Fatty Acids:

## Essential Amino Acids

Histidine:  
Isoleucine:  
Leucine:  
Lysine:  
Methionine/Cysteine:  
Phenylalanine/Tyrosine:  
Threonine:  
Tryptophan:  
Valine: