

**NDB No. 20071 Wheat, hard red spring**  
*Triticum aestivum L.*

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 <sup>*</sup> 192g	Measure 2 <sup>*</sup>	Measure 3 <sup>*</sup>
<b>Proximates:</b>						
Water . . . . .	g	12.76	0.307	38	24.50	
Energy . . . . .	kcal	329		0	632	
Energy . . . . .	kJ	1377		0	2644	
Protein (N x 5.95) . . . . .	g	15.40	0.308	56	29.57	
Total lipid (fat) . . . . .	g	1.92	0.101	5	3.69	
Carbohydrate, by difference . . . . .	g	68.03		0	130.62	
Fiber, total dietary . . . . .	g	12.2		0	23.4	
Ash . . . . .	g	1.89	0.044	31	3.63	
Sugars, total . . . . .	g					
<b>Minerals:</b>						
Calcium . . . . .	mg	25	0.699	106	48	
Iron . . . . .	mg	3.60	0.061	87	6.91	
Magnesium . . . . .	mg	124	3.939	106	238	
Phosphorus . . . . .	mg	332	14.278	21	637	
Potassium . . . . .	mg	340	13.548	71	653	
Sodium . . . . .	mg	2	0.085	70	4	
Zinc . . . . .	mg	2.78	0.046	106	5.34	
Copper . . . . .	mg	0.410	0.008	72	0.787	
Manganese . . . . .	mg	4.055	0.091	51	7.786	
Selenium . . . . .	: g	70.7		0	135.7	
<b>Vitamins:</b>						
Ascorbic acid . . . . .	mg	0.0		0	0.0	
Thiamin . . . . .	mg	0.504	0.082	19	0.968	
Riboflavin . . . . .	mg	0.110	0.004	19	0.211	
Niacin . . . . .	mg	5.710	0.740	2	10.963	
Pantothenic acid . . . . .	mg	0.935	0.105	2	1.795	
Vitamin B-6 . . . . .	mg	0.336	0.039	5	0.645	
Folate . . . . .	: g	43	2.980	2	83	
Vitamin B-12 . . . . .	: g	0.00		0	0.00	
Vitamin A . . . . .	IU	0		0	0	
Vitamin A, RE . . . . .	: g	0		0	0	
Vitamin D . . . . .	IU					
Vitamin E, " -TE . . . . .	mg	1.440		0	2.765	
<b>Lipids:</b>						
Saturated, total . . . . .	g	0.314		0	0.603	
4:0 . . . . .	g	0.000		0	0.000	
6:0 . . . . .	g	0.000		0	0.000	
8:0 . . . . .	g	0.000		0	0.000	
10:0 . . . . .	g	0.000		0	0.000	
12:0 . . . . .	g	0.000		83	0.000	
14:0 . . . . .	g	0.004		83	0.008	
15:0 . . . . .	g					
16:0 . . . . .	g	0.283		83	0.543	
17:0 . . . . .	g					
18:0 . . . . .	g	0.014		83	0.027	
20:0 . . . . .	g					
22:0 . . . . .	g					
24:0 . . . . .	g					

Monounsaturated, total . . . . .	g	0.303	0	0.582
14:1 . . . . .	g			
16:1 . . . . .	g	0.066	83	0.127
18:1 . . . . .	g	0.236	83	0.453
20:1 . . . . .	g	0.000	0	0.000
22:1 . . . . .	g	0.000	0	0.000
Polyunsaturated, total . . . . .	g	0.765	0	1.469
18:2 . . . . .	g	0.727	83	1.396
18:3 . . . . .	g	0.036	83	0.069
18:4 . . . . .	g	0.000	0	0.000
20:4 . . . . .	g	0.002	83	0.004
20:5 . . . . .	g	0.000	0	0.000
22:5 . . . . .	g	0.000	0	0.000
22:6 . . . . .	g	0.000	0	0.000
Cholesterol . . . . .	mg	0	0	0
Phytosterols . . . . .	mg			
<b>Amino acids:</b>				
Tryptophan . . . . .	g	0.195	4	0.374
Threonine . . . . .	g	0.433	9	0.831
Isoleucine . . . . .	g	0.541	9	1.039
Leucine . . . . .	g	1.038	9	1.993
Lysine . . . . .	g	0.404	10	0.776
Methionine . . . . .	g	0.230	10	0.442
Cystine . . . . .	g	0.404	5	0.776
Phenylalanine . . . . .	g	0.724	10	1.390
Tyrosine . . . . .	g	0.441	9	0.847
Valine . . . . .	g	0.679	9	1.304
Arginine . . . . .	g	0.702	10	1.348
Histidine . . . . .	g	0.330	10	0.634
Alanine . . . . .	g	0.555	9	1.066
Aspartic acid . . . . .	g	0.808	10	1.551
Glutamic acid . . . . .	g	4.946	10	9.496
Glycine . . . . .	g	0.621	9	1.192
Proline . . . . .	g	1.680	9	3.226
Serine . . . . .	g	0.663	9	1.273
<b>Other:</b>				
Caffeine . . . . .	mg			
Theobromine . . . . .	mg			
Alcohol . . . . .	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

**\* Common Measures:**

Measure 1: 1 cup

NDB No. 20071

Food Group 20 Cereal Grains and Pasta  
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

**NDB No. 20072 Wheat, hard red winter**

*Triticum aestivum L.*

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 <sup>*</sup> 192g	Measure 2 <sup>*</sup>	Measure 3 <sup>*</sup>
<b>Proximates:</b>						
Water . . . . .	g	13.10	0.278	31	25.15	
Energy . . . . .	kcal	327		0	628	
Energy . . . . .	kj	1368		0	2627	
Protein (N x 5.95) . . . . .	g	12.61	0.176	47	24.21	
Total lipid (fat) . . . . .	g	1.54	0.097	6	2.96	
Carbohydrate, by difference . . . . .	g	71.18		0	136.67	
Fiber, total dietary . . . . .	g	12.2		0	23.4	
Ash . . . . .	g	1.57	0.025	34	3.01	
Sugars, total . . . . .	g					
<b>Minerals:</b>						
Calcium . . . . .	mg	29	0.576	87	56	
Iron . . . . .	mg	3.19	0.079	63	6.12	
Magnesium . . . . .	mg	126	3.309	87	242	
Phosphorus . . . . .	mg	288	12.275	27	553	
Potassium . . . . .	mg	363	8.262	61	697	
Sodium . . . . .	mg	2	0.152	58	4	
Zinc . . . . .	mg	2.65	0.050	86	5.09	
Copper . . . . .	mg	0.434	0.012	62	0.833	
Manganese . . . . .	mg	3.985	0.092	41	7.651	
Selenium . . . . .	: g	70.7		0	135.7	
<b>Vitamins:</b>						
Ascorbic acid . . . . .	mg	0.0		0	0.0	
Thiamin . . . . .	mg	0.383	0.005	17	0.735	
Riboflavin . . . . .	mg	0.115	0.008	17	0.221	
Niacin . . . . .	mg	5.464	0.181	5	10.491	
Pantothenic acid . . . . .	mg	0.954	0.065	5	1.832	
Vitamin B-6 . . . . .	mg	0.300	0.024	9	0.576	
Folate . . . . .	: g	38	2.812	5	73	
Vitamin B-12 . . . . .	: g	0.00		0	0.00	
Vitamin A . . . . .	IU	0		0	0	
Vitamin A, RE . . . . .	: g	0		0	0	
Vitamin D . . . . .	IU					
Vitamin E, " -TE . . . . .	mg	1.440		0	2.765	
<b>Lipids:</b>						
Saturated, total . . . . .	g	0.269		0	0.516	
4:0 . . . . .	g	0.000		0	0.000	
6:0 . . . . .	g	0.000		0	0.000	
8:0 . . . . .	g	0.015		133	0.029	
10:0 . . . . .	g	0.000		0	0.000	
12:0 . . . . .	g	0.000		0	0.000	
14:0 . . . . .	g	0.001		133	0.002	
15:0 . . . . .	g					
16:0 . . . . .	g	0.234		133	0.449	
17:0 . . . . .	g					
18:0 . . . . .	g	0.013		133	0.025	
20:0 . . . . .	g					
22:0 . . . . .	g					
24:0 . . . . .	g					

Monounsaturated, total . . . . .	g	0.200	0	0.384
14:1 . . . . .	g			
16:1 . . . . .	g	0.008	133	0.015
18:1 . . . . .	g	0.192	133	0.369
20:1 . . . . .	g	0.000	0	0.000
22:1 . . . . .	g	0.000	0	0.000
Polyunsaturated, total . . . . .	g	0.627	0	1.204
18:2 . . . . .	g	0.600	133	1.152
18:3 . . . . .	g	0.027	133	0.052
18:4 . . . . .	g	0.000	0	0.000
20:4 . . . . .	g	0.000	0	0.000
20:5 . . . . .	g	0.000	0	0.000
22:5 . . . . .	g	0.000	0	0.000
22:6 . . . . .	g	0.000	0	0.000
Cholesterol . . . . .	mg	0	0	0
Phytosterols . . . . .	mg			
<b>Amino acids:</b>				
Tryptophan . . . . .	g	0.160	6	0.307
Threonine . . . . .	g	0.365	6	0.701
Isoleucine . . . . .	g	0.458	6	0.879
Leucine . . . . .	g	0.854	6	1.640
Lysine . . . . .	g	0.335	6	0.643
Methionine . . . . .	g	0.201	6	0.386
Cystine . . . . .	g	0.322	6	0.618
Phenylalanine . . . . .	g	0.592	6	1.137
Tyrosine . . . . .	g	0.387	6	0.743
Valine . . . . .	g	0.556	6	1.068
Arginine . . . . .	g	0.595	6	1.142
Histidine . . . . .	g	0.285	6	0.547
Alanine . . . . .	g	0.450	6	0.864
Aspartic acid . . . . .	g	0.640	6	1.229
Glutamic acid . . . . .	g	3.998	5	7.676
Glycine . . . . .	g	0.528	5	1.014
Proline . . . . .	g	1.289	5	2.475
Serine . . . . .	g	0.586	5	1.125
<b>Other:</b>				
Caffeine . . . . .	mg			
Theobromine . . . . .	mg			
Alcohol . . . . .	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

**\* Common Measures:**

Measure 1: 1 cup

NDB No. 20072

Food Group 20 Cereal Grains and Pasta  
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

**NDB No. 20073 Wheat, soft red winter**  
*Triticum aestivum L.*

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 <sup>*</sup> 168g	Measure 2 <sup>*</sup>	Measure 3 <sup>*</sup>
<b>Proximates:</b>						
Water . . . . .	g	12.17	0.310	22	20.45	
Energy . . . . .	kcal	331		0	556	
Energy . . . . .	kj	1385		0	2327	
Protein (N x 5.95) . . . . .	g	10.35	0.111	20	17.39	
Total lipid (fat) . . . . .	g	1.56	0.160	2	2.62	
Carbohydrate, by difference . . . . .	g	74.24		0	124.72	
Fiber, total dietary . . . . .	g	12.5		0	21.0	
Ash . . . . .	g	1.68	0.018	8	2.82	
Sugars, total . . . . .	g					
<b>Minerals:</b>						
Calcium . . . . .	mg	27	1.158	54	45	
Iron . . . . .	mg	3.21	0.098	48	5.39	
Magnesium . . . . .	mg	126	4.550	53	212	
Phosphorus . . . . .	mg	493	57.721	4	828	
Potassium . . . . .	mg	397	10.666	30	667	
Sodium . . . . .	mg	2	0.136	31	3	
Zinc . . . . .	mg	2.63	0.091	53	4.42	
Copper . . . . .	mg	0.450	0.017	34	0.756	
Manganese . . . . .	mg	4.391	0.118	34	7.377	
Selenium . . . . .	: g					
<b>Vitamins:</b>						
Ascorbic acid . . . . .	mg	0.0		0	0.0	
Thiamin . . . . .	mg	0.394	0.007	11	0.662	
Riboflavin . . . . .	mg	0.096	0.006	11	0.161	
Niacin . . . . .	mg	4.800		1	8.064	
Pantothenic acid . . . . .	mg	0.850		1	1.428	
Vitamin B-6 . . . . .	mg	0.272	0.053	3	0.457	
Folate . . . . .	: g	41		1	69	
Vitamin B-12 . . . . .	: g	0.00		0	0.00	
Vitamin A . . . . .	IU	0		0	0	
Vitamin A, RE . . . . .	: g	0		0	0	
Vitamin D . . . . .	IU					
Vitamin E, " -TE . . . . .	mg	1.440		0	2.419	
<b>Lipids:</b>						
Saturated, total . . . . .	g	0.289		0	0.486	
4:0 . . . . .	g					
6:0 . . . . .	g					
8:0 . . . . .	g					
10:0 . . . . .	g					
12:0 . . . . .	g					
14:0 . . . . .	g	0.002		0	0.003	
15.0 . . . . .	g					
16:0 . . . . .	g	0.271		0	0.455	
17:0 . . . . .	g					
18:0 . . . . .	g	0.014		0	0.024	
20:0 . . . . .	g					
22:0 . . . . .	g					
24:0 . . . . .	g					

Monounsaturated, total . . . . .	g	0.178	0	0.299
14:1 . . . . .	g			
16:1 . . . . .	g	0.008	0	0.013
18:1 . . . . .	g	0.170	0	0.286
20:1 . . . . .	g			
22:1 . . . . .	g			
Polyunsaturated, total . . . . .	g	0.656	0	1.102
18:2 . . . . .	g	0.628	0	1.055
18:3 . . . . .	g	0.028	0	0.047
18:4 . . . . .	g			
20:4 . . . . .	g			
20:5 . . . . .	g			
22:5 . . . . .	g			
22:6 . . . . .	g			
Cholesterol . . . . .	mg	0	0	0
Phytosterols . . . . .	mg			
<b>Amino acids:</b>				
Tryptophan . . . . .	g			
Threonine . . . . .	g	0.342	7	0.575
Isoleucine . . . . .	g	0.396	7	0.665
Leucine . . . . .	g	0.763	7	1.282
Lysine . . . . .	g	0.315	7	0.529
Methionine . . . . .	g	0.174	7	0.292
Cystine . . . . .	g	0.300	1	0.504
Phenylalanine . . . . .	g	0.508	6	0.853
Tyrosine . . . . .	g	0.327	7	0.549
Valine . . . . .	g	0.498	7	0.837
Arginine . . . . .	g	0.522	7	0.877
Histidine . . . . .	g	0.256	1	0.430
Alanine . . . . .	g	0.412	1	0.692
Aspartic acid . . . . .	g	0.557	1	0.936
Glutamic acid . . . . .	g	3.663	1	6.154
Glycine . . . . .	g	0.455	1	0.764
Proline . . . . .	g	1.166	1	1.959
Serine . . . . .	g	0.540	1	0.907
<b>Other:</b>				
Caffeine . . . . .	mg			
Theobromine . . . . .	mg			
Alcohol . . . . .	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

**\* Common Measures:**

Measure 1: 1 cup

NDB No. 20073

Food Group 20 Cereal Grains and Pasta  
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

**NDB No. 20074 Wheat, hard white**

*Triticum aestivum L.*

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 <sup>*</sup> 192g	Measure 2 <sup>*</sup>	Measure 3 <sup>*</sup>
<b>Proximates:</b>						
Water . . . . .	g	9.57	0.225	11	18.37	
Energy . . . . .	kcal	342		0	657	
Energy . . . . .	kJ	1431		0	2748	
Protein (N x 5.95) . . . . .	g	11.31	0.395	11	21.72	
Total lipid (fat) . . . . .	g	1.71	0.123	8	3.28	
Carbohydrate, by difference . . . . .	g	75.90		0	145.73	
Fiber, total dietary . . . . .	g					
Ash . . . . .	g	1.52	0.053	11	2.92	
Sugars, total . . . . .	g					
<b>Minerals:</b>						
Calcium . . . . .	mg	32	1.607	11	61	
Iron . . . . .	mg	4.56	0.465	11	8.76	
Magnesium . . . . .	mg	93	10.920	11	179	
Phosphorus . . . . .	mg	355	15.546	11	682	
Potassium . . . . .	mg	432	21.371	11	829	
Sodium . . . . .	mg	2		0	4	
Zinc . . . . .	mg	3.33	0.377	11	6.39	
Copper . . . . .	mg	0.363	0.046	11	0.697	
Manganese . . . . .	mg	3.821	0.320	11	7.336	
Selenium . . . . .	: g					
<b>Vitamins:</b>						
Ascorbic acid . . . . .	mg	0.0		0	0.0	
Thiamin . . . . .	mg	0.387	0.014	11	0.743	
Riboflavin . . . . .	mg	0.108	0.003	11	0.207	
Niacin . . . . .	mg	4.381	0.194	11	8.412	
Pantothenic acid . . . . .	mg	0.954		0	1.832	
Vitamin B-6 . . . . .	mg	0.368	0.042	11	0.707	
Folate . . . . .	: g	38		0	72	
Vitamin B-12 . . . . .	: g	0.00		0	0.00	
Vitamin A . . . . .	IU	0		0	0	
Vitamin A, RE . . . . .	: g	0		0	0	
Vitamin D . . . . .	IU					
Vitamin E, " -TE . . . . .	mg					
<b>Lipids:</b>						
Saturated, total . . . . .	g	0.277		0	0.532	
4:0 . . . . .	g					
6:0 . . . . .	g					
8:0 . . . . .	g					
10:0 . . . . .	g					
12:0 . . . . .	g					
14:0 . . . . .	g					
15.0 . . . . .	g					
16:0 . . . . .	g	0.261		8	0.501	
17:0 . . . . .	g					
18:0 . . . . .	g	0.016		8	0.031	
20:0 . . . . .	g					
22:0 . . . . .	g					
24:0 . . . . .	g					

Monounsaturated, total . . . . .	g	0.203	0	0.390
14:1 . . . . .	g			
16:1 . . . . .	g			
18:1 . . . . .	g	0.203	8	0.390
20:1 . . . . .	g			
22:1 . . . . .	g			
Polyunsaturated, total . . . . .	g	0.750	0	1.440
18:2 . . . . .	g	0.715	8	1.373
18:3 . . . . .	g	0.035	8	0.067
18:4 . . . . .	g			
20:4 . . . . .	g			
20:5 . . . . .	g			
22:5 . . . . .	g			
22:6 . . . . .	g			
Cholesterol . . . . .	mg	0	0	0
Phytosterols . . . . .	mg			
<b>Amino acids:</b>				
Tryptophan . . . . .	g			
Threonine . . . . .	g			
Isoleucine . . . . .	g			
Leucine . . . . .	g			
Lysine . . . . .	g			
Methionine . . . . .	g			
Cystine . . . . .	g			
Phenylalanine . . . . .	g			
Tyrosine . . . . .	g			
Valine . . . . .	g			
Arginine . . . . .	g			
Histidine . . . . .	g			
Alanine . . . . .	g			
Aspartic acid . . . . .	g			
Glutamic acid . . . . .	g			
Glycine . . . . .	g			
Proline . . . . .	g			
Serine . . . . .	g			
<b>Other:</b>				
Caffeine . . . . .	mg			
Theobromine . . . . .	mg			
Alcohol . . . . .	g			

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Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

**\* Common Measures:**

Measure 1: 1 cup

NDB No. 20074

Food Group 20 Cereal Grains and Pasta  
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

**NDB No. 20075 Wheat, soft white**  
*Triticum aestivum L.*

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 <sup>*</sup> 168g	Measure 2 <sup>*</sup>	Measure 3 <sup>*</sup>
<b>Proximates:</b>						
Water . . . . .	g	10.42	0.140	126	17.51	
Energy . . . . .	kcal	340		0	571	
Energy . . . . .	kJ	1423		0	2391	
Protein (N x 5.95) . . . . .	g	10.69	0.148	124	17.96	
Total lipid (fat) . . . . .	g	1.99	0.018	98	3.34	
Carbohydrate, by difference . . . . .	g	75.36		0	126.60	
Fiber, total dietary . . . . .	g	12.7		0	21.3	
Ash . . . . .	g	1.54	0.019	125	2.59	
Sugars, total . . . . .	g					
<b>Minerals:</b>						
Calcium . . . . .	mg	34	0.951	123	57	
Iron . . . . .	mg	5.37	0.323	123	9.02	
Magnesium . . . . .	mg	90	2.518	123	151	
Phosphorus . . . . .	mg	402	14.690	123	675	
Potassium . . . . .	mg	435	7.261	123	731	
Sodium . . . . .	mg	2		0	3	
Zinc . . . . .	mg	3.46	0.185	123	5.81	
Copper . . . . .	mg	0.426	0.022	123	0.716	
Manganese . . . . .	mg	3.406	0.084	123	5.722	
Selenium . . . . .	: g					
<b>Vitamins:</b>						
Ascorbic acid . . . . .	mg	0.0		0	0.0	
Thiamin . . . . .	mg	0.410	0.005	124	0.689	
Riboflavin . . . . .	mg	0.107	0.001	124	0.180	
Niacin . . . . .	mg	4.766	0.051	124	8.007	
Pantothenic acid . . . . .	mg	0.850		0	1.428	
Vitamin B-6 . . . . .	mg	0.378	0.008	128	0.635	
Folate . . . . .	: g	41		0	68	
Vitamin B-12 . . . . .	: g	0.00		0	0.00	
Vitamin A . . . . .	IU	0		0	0	
Vitamin A, RE . . . . .	: g	0		0	0	
Vitamin D . . . . .	IU					
Vitamin E, " -TE . . . . .	mg	1.440		0	2.419	
<b>Lipids:</b>						
Saturated, total . . . . .	g	0.368		0	0.618	
4:0 . . . . .	g					
6:0 . . . . .	g					
8:0 . . . . .	g					
10:0 . . . . .	g					
12:0 . . . . .	g					
14:0 . . . . .	g	0.003		103	0.005	
15.0 . . . . .	g					
16:0 . . . . .	g	0.346		103	0.581	
17:0 . . . . .	g					
18:0 . . . . .	g	0.018		103	0.030	
20:0 . . . . .	g					
22:0 . . . . .	g					
24:0 . . . . .	g					

Monounsaturated, total . . . . .	g	0.227	0	0.381
14:1 . . . . .	g			
16:1 . . . . .	g	0.010	103	0.017
18:1 . . . . .	g	0.217	103	0.365
20:1 . . . . .	g			
22:1 . . . . .	g			
Polyunsaturated, total . . . . .	g	0.837	0	1.406
18:2 . . . . .	g	0.800	103	1.344
18:3 . . . . .	g	0.036	103	0.060
18:4 . . . . .	g			
20:4 . . . . .	g			
20:5 . . . . .	g			
22:5 . . . . .	g			
22:6 . . . . .	g			
Cholesterol . . . . .	mg	0	0	0
Phytosterols . . . . .	mg			
<b>Amino acids:</b>				
Tryptophan . . . . .	g			
Threonine . . . . .	g			
Isoleucine . . . . .	g			
Leucine . . . . .	g			
Lysine . . . . .	g			
Methionine . . . . .	g			
Cystine . . . . .	g			
Phenylalanine . . . . .	g			
Tyrosine . . . . .	g			
Valine . . . . .	g			
Arginine . . . . .	g			
Histidine . . . . .	g			
Alanine . . . . .	g			
Aspartic acid . . . . .	g			
Glutamic acid . . . . .	g			
Glycine . . . . .	g			
Proline . . . . .	g			
Serine . . . . .	g			
<b>Other:</b>				
Caffeine . . . . .	mg			
Theobromine . . . . .	mg			
Alcohol . . . . .	g			

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Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

**\* Common Measures:**

Measure 1: 1 cup

NDB No. 20075

Food Group 20 Cereal Grains and Pasta  
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

**NDB No. 20076 Wheat, durum**

*Triticum durum Desf.*

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 <sup>*</sup> 192g	Measure 2 <sup>*</sup>	Measure 3 <sup>*</sup>
<b>Proximates:</b>						
Water . . . . .	g	10.94	0.309	31	21.00	
Energy . . . . .	kcal	339		0	651	
Energy . . . . .	kJ	1418		0	2723	
Protein (N x 5.95) . . . . .	g	13.68	0.272	28	26.27	
Total lipid (fat) . . . . .	g	2.47	0.066	18	4.74	
Carbohydrate, by difference . . . . .	g	71.13		0	136.57	
Fiber, total dietary . . . . .	g					
Ash . . . . .	g	1.78	0.016	38	3.42	
Sugars, total . . . . .	g					
<b>Minerals:</b>						
Calcium . . . . .	mg	34	1.527	37	65	
Iron . . . . .	mg	3.52	0.038	2	6.76	
Magnesium . . . . .	mg	144	3.058	39	276	
Phosphorus . . . . .	mg	508	20.742	37	975	
Potassium . . . . .	mg	431	10.204	37	828	
Sodium . . . . .	mg	2	0.486	9	4	
Zinc . . . . .	mg	4.16	0.177	37	7.99	
Copper . . . . .	mg	0.553	0.041	37	1.062	
Manganese . . . . .	mg	3.012	0.249	30	5.783	
Selenium . . . . .	: g	89.4		1	171.6	
<b>Vitamins:</b>						
Ascorbic acid . . . . .	mg	0.0		0	0.0	
Thiamin . . . . .	mg	0.419	0.013	30	0.804	
Riboflavin . . . . .	mg	0.121	0.003	30	0.232	
Niacin . . . . .	mg	6.738	0.213	30	12.937	
Pantothenic acid . . . . .	mg	0.935		0	1.795	
Vitamin B-6 . . . . .	mg	0.419	0.017	31	0.804	
Folate . . . . .	: g	43		0	83	
Vitamin B-12 . . . . .	: g	0.00		0	0.00	
Vitamin A . . . . .	IU	0		0	0	
Vitamin A, RE . . . . .	: g	0		0	0	
Vitamin D . . . . .	IU					
Vitamin E, " -TE . . . . .	mg					
<b>Lipids:</b>						
Saturated, total . . . . .	g	0.454		0	0.872	
4:0 . . . . .	g					
6:0 . . . . .	g					
8:0 . . . . .	g					
10:0 . . . . .	g					
12:0 . . . . .	g					
14:0 . . . . .	g	0.003		29	0.006	
15.0 . . . . .	g					
16:0 . . . . .	g	0.422		29	0.810	
17:0 . . . . .	g					
18:0 . . . . .	g	0.022		29	0.042	
20:0 . . . . .	g					
22:0 . . . . .	g					
24:0 . . . . .	g					

Monounsaturated, total . . . . .	g	0.344	0	0.660
14:1 . . . . .	g			
16:1 . . . . .	g	0.009	29	0.017
18:1 . . . . .	g	0.335	29	0.643
20:1 . . . . .	g			
22:1 . . . . .	g			
Polyunsaturated, total . . . . .	g	0.978	0	1.878
18:2 . . . . .	g	0.930	29	1.786
18:3 . . . . .	g	0.048	29	0.092
18:4 . . . . .	g			
20:4 . . . . .	g			
20:5 . . . . .	g			
22:5 . . . . .	g			
22:6 . . . . .	g			
Cholesterol . . . . .	mg	0	0	0
Phytosterols . . . . .	mg			
<b>Amino acids:</b>				
Tryptophan . . . . .	g	0.176	7	0.338
Threonine . . . . .	g	0.366	9	0.703
Isoleucine . . . . .	g	0.533	9	1.023
Leucine . . . . .	g	0.934	9	1.793
Lysine . . . . .	g	0.303	9	0.582
Methionine . . . . .	g	0.221	8	0.424
Cystine . . . . .	g	0.286	7	0.549
Phenylalanine . . . . .	g	0.681	9	1.308
Tyrosine . . . . .	g	0.357	8	0.685
Valine . . . . .	g	0.594	9	1.140
Arginine . . . . .	g	0.483	9	0.927
Histidine . . . . .	g	0.322	9	0.618
Alanine . . . . .	g	0.427	9	0.820
Aspartic acid . . . . .	g	0.617	9	1.185
Glutamic acid . . . . .	g	4.743	9	9.107
Glycine . . . . .	g	0.495	9	0.950
Proline . . . . .	g	1.459	9	2.801
Serine . . . . .	g	0.667	9	1.281
<b>Other:</b>				
Caffeine . . . . .	mg			
Theobromine . . . . .	mg			
Alcohol . . . . .	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

**\* Common Measures:**

Measure 1: 1 cup

NDB No. 20076

Food Group 20 Cereal Grains and Pasta  
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

## NDB No. 20077 Wheat bran, crude

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 58g	Measure 2*	Measure 3*
<b>Proximates:</b>						
Water . . . . .	g	9.89	0.680	15	5.74	
Energy . . . . .	kcal	216		0	125	
Energy . . . . .	kJ	904		0	524	
Protein (N x 5.95) . . . . .	g	15.55	0.522	13	9.02	
Total lipid (fat) . . . . .	g	4.25	0.210	11	2.46	
Carbohydrate, by difference . . . . .	g	64.51		0	37.42	
Fiber, total dietary . . . . .	g	42.8		0	24.8	
Ash . . . . .	g	5.79	0.246	13	3.36	
Sugars, total . . . . .	g					
<b>Minerals:</b>						
Calcium . . . . .	mg	73	7.008	4	42	
Iron . . . . .	mg	10.57	1.200	5	6.13	
Magnesium . . . . .	mg	611	75.506	4	354	
Phosphorus . . . . .	mg	1013	92.602	3	588	
Potassium . . . . .	mg	1182	123.940	4	686	
Sodium . . . . .	mg	2	0.855	4	1	
Zinc . . . . .	mg	7.27	0.632	4	4.22	
Copper . . . . .	mg	0.998	0.112	4	0.579	
Manganese . . . . .	mg	11.500	6.184	4	6.670	
Selenium . . . . .	:g	77.6	3.649	2	45.0	
<b>Vitamins:</b>						
Ascorbic acid . . . . .	mg	0.0		0	0.0	
Thiamin . . . . .	mg	0.523	0.052	4	0.303	
Riboflavin . . . . .	mg	0.577	0.064	3	0.335	
Niacin . . . . .	mg	13.578	4.398	5	7.875	
Pantothenic acid . . . . .	mg	2.181	0.478	4	1.265	
Vitamin B-6 . . . . .	mg	1.303	0.328	5	0.756	
Folate . . . . .	:g	79	13.385	4	46	
Vitamin B-12 . . . . .	:g	0.00		0	0.00	
Vitamin A . . . . .	IU	0		0	0	
Vitamin A, RE . . . . .	:g	0		0	0	
Vitamin D . . . . .	IU					
Vitamin E, " -TE . . . . .	mg	2.320		0	1.346	
<b>Lipids:</b>						
Saturated, total . . . . .	g	0.630		0	0.365	
4:0 . . . . .	g	0.000		0	0.000	
6:0 . . . . .	g	0.000		0	0.000	
8:0 . . . . .	g	0.000		0	0.000	
10:0 . . . . .	g	0.000		0	0.000	
12:0 . . . . .	g	0.002		8	0.001	
14:0 . . . . .	g	0.007		8	0.004	
15:0 . . . . .	g					
16:0 . . . . .	g	0.556		8	0.322	
17:0 . . . . .	g					
18:0 . . . . .	g	0.037		8	0.021	
20:0 . . . . .	g					
22:0 . . . . .	g					
24:0 . . . . .	g					

Monounsaturated, total . . . . .	g	0.637	0	0.369
14:1 . . . . .	g			
16:1 . . . . .	g	0.017	8	0.010
18:1 . . . . .	g	0.619	8	0.359
20:1 . . . . .	g	0.000	0	0.000
22:1 . . . . .	g	0.000	0	0.000
Polyunsaturated, total . . . . .	g	2.212	0	1.283
18:2 . . . . .	g	2.039	8	1.183
18:3 . . . . .	g	0.167	8	0.097
18:4 . . . . .	g	0.000	0	0.000
20:4 . . . . .	g	0.005	8	0.003
20:5 . . . . .	g	0.000	0	0.000
22:5 . . . . .	g	0.000	0	0.000
22:6 . . . . .	g	0.000	0	0.000
Cholesterol . . . . .	mg	0	0	0
Phytosterols . . . . .	mg			
<b>Amino acids:</b>				
Tryptophan . . . . .	g	0.282	2	0.164
Threonine . . . . .	g	0.500	12	0.290
Isoleucine . . . . .	g	0.486	12	0.282
Leucine . . . . .	g	0.928	12	0.538
Lysine . . . . .	g	0.600	12	0.348
Methionine . . . . .	g	0.234	12	0.136
Cystine . . . . .	g	0.371	12	0.215
Phenylalanine . . . . .	g	0.595	12	0.345
Tyrosine . . . . .	g	0.436	12	0.253
Valine . . . . .	g	0.726	12	0.421
Arginine . . . . .	g	1.087	12	0.630
Histidine . . . . .	g	0.430	12	0.249
Alanine . . . . .	g	0.765	12	0.444
Aspartic acid . . . . .	g	1.130	12	0.655
Glutamic acid . . . . .	g	2.874	12	1.667
Glycine . . . . .	g	0.898	12	0.521
Proline . . . . .	g	0.882	12	0.512
Serine . . . . .	g	0.684	12	0.397
<b>Other:</b>				
Caffeine . . . . .	mg			
Theobromine . . . . .	mg			
Alcohol . . . . .	g			

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Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

**\* Common Measures:**

Measure 1: 1 cup

NDB No. 20077

Food Group 20 Cereal Grains and Pasta  
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

# NDB No. 20078 Wheat germ, crude

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 115g	Measure 2*	Measure 3*
<b>Proximates:</b>						
Water . . . . .	g	11.12	0.864	10	12.79	
Energy . . . . .	kcal	360		0	414	
Energy . . . . .	kJ	1506		0	1732	
Protein (N x 5.95) . . . . .	g	23.15	1.447	7	26.62	
Total lipid (fat) . . . . .	g	9.72	0.403	8	11.18	
Carbohydrate, by difference . . . . .	g	51.80		0	59.57	
Fiber, total dietary . . . . .	g	13.2		0	15.2	
Ash . . . . .	g	4.21	0.121	9	4.84	
Sugars, total . . . . .	g					
<b>Minerals:</b>						
Calcium . . . . .	mg	39	1.242	6	45	
Iron . . . . .	mg	6.26	0.905	7	7.20	
Magnesium . . . . .	mg	239	14.360	6	275	
Phosphorus . . . . .	mg	842	18.808	6	968	
Potassium . . . . .	mg	892	41.171	6	1026	
Sodium . . . . .	mg	12	3.569	6	14	
Zinc . . . . .	mg	12.29	0.669	6	14.13	
Copper . . . . .	mg	0.796	0.034	6	0.915	
Manganese . . . . .	mg	13.301	2.224	9	15.296	
Selenium . . . . .	:g	79.2		1	91.1	
<b>Vitamins:</b>						
Ascorbic acid . . . . .	mg	0.0		0	0.0	
Thiamin . . . . .	mg	1.882	0.189	7	2.164	
Riboflavin . . . . .	mg	0.499	0.059	7	0.574	
Niacin . . . . .	mg	6.813	1.221	7	7.835	
Pantothenic acid . . . . .	mg	2.257	0.141	6	2.596	
Vitamin B-6 . . . . .	mg	1.300	0.190	7	1.495	
Folate . . . . .	:g	281	22.507	10	323	
Vitamin B-12 . . . . .	:g	0.00		0	0.00	
Vitamin A . . . . .	IU	0		0	0	
Vitamin A, RE . . . . .	:g	0		0	0	
Vitamin D . . . . .	IU					
Vitamin E, " -TE . . . . .	mg					
<b>Lipids:</b>						
Saturated, total . . . . .	g	1.665		0	1.915	
4:0 . . . . .	g					
6:0 . . . . .	g					
8:0 . . . . .	g					
10:0 . . . . .	g					
12:0 . . . . .	g					
14:0 . . . . .	g	0.013		7	0.015	
15:0 . . . . .	g					
16:0 . . . . .	g	1.587		7	1.825	
17:0 . . . . .	g					
18:0 . . . . .	g	0.055		7	0.063	
20:0 . . . . .	g					
22:0 . . . . .	g					
24:0 . . . . .	g					

Monounsaturated, total . . . . .	g	1.365	0	1.570
14:1 . . . . .	g			
16:1 . . . . .	g	0.034	7	0.039
18:1 . . . . .	g	1.332	7	1.532
20:1 . . . . .	g			
22:1 . . . . .	g			
Polyunsaturated, total . . . . .	g	6.010	0	6.912
18:2 . . . . .	g	5.287	7	6.080
18:3 . . . . .	g	0.723	7	0.831
18:4 . . . . .	g			
20:4 . . . . .	g			
20:5 . . . . .	g			
22:5 . . . . .	g			
22:6 . . . . .	g			
Cholesterol . . . . .	mg	0	0	0
Phytosterols . . . . .	mg			
<b>Amino acids:</b>				
Tryptophan . . . . .	g	0.317	3	0.365
Threonine . . . . .	g	0.968	13	1.113
Isoleucine . . . . .	g	0.847	13	0.974
Leucine . . . . .	g	1.571	13	1.807
Lysine . . . . .	g	1.468	13	1.688
Methionine . . . . .	g	0.456	13	0.524
Cystine . . . . .	g	0.458	13	0.527
Phenylalanine . . . . .	g	0.928	13	1.067
Tyrosine . . . . .	g	0.704	12	0.810
Valine . . . . .	g	1.198	13	1.378
Arginine . . . . .	g	1.867	13	2.147
Histidine . . . . .	g	0.643	13	0.739
Alanine . . . . .	g	1.477	12	1.699
Aspartic acid . . . . .	g	2.070	12	2.380
Glutamic acid . . . . .	g	3.995	12	4.594
Glycine . . . . .	g	1.424	12	1.638
Proline . . . . .	g	1.231	12	1.416
Serine . . . . .	g	1.102	12	1.267
<b>Other:</b>				
Caffeine . . . . .	mg			
Theobromine . . . . .	mg			
Alcohol . . . . .	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

**\* Common Measures:**

Measure 1: 1 cup

NDB No. 20078

Food Group 20 Cereal Grains and Pasta  
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

# NDB No. 20080 Wheat flour, whole-grain

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 120g	Measure 2*	Measure 3*
<b>Proximates:</b>						
Water . . . . .	g	10.27	0.453	15	12.32	
Energy . . . . .	kcal	339		0	407	
Energy . . . . .	kJ	1418		0	1702	
Protein (N x 5.95) . . . . .	g	13.70	0.456	16	16.44	
Total lipid (fat) . . . . .	g	1.87	0.040	10	2.24	
Carbohydrate, by difference . . . . .	g	72.57		0	87.08	
Fiber, total dietary . . . . .	g	12.2		0	14.6	
Ash . . . . .	g	1.60	0.053	14	1.92	
Sugars, total . . . . .	g					
<b>Minerals:</b>						
Calcium . . . . .	mg	34	2.484	8	41	
Iron . . . . .	mg	3.88	0.059	8	4.66	
Magnesium . . . . .	mg	138	1.897	6	166	
Phosphorus . . . . .	mg	346	3.784	6	415	
Potassium . . . . .	mg	405	16.273	7	486	
Sodium . . . . .	mg	5	1.583	7	6	
Zinc . . . . .	mg	2.93	0.184	11	3.52	
Copper . . . . .	mg	0.382	0.024	11	0.458	
Manganese . . . . .	mg	3.799	0.309	10	4.559	
Selenium . . . . .	:g	70.7	8.175	3	84.8	
<b>Vitamins:</b>						
Ascorbic acid . . . . .	mg	0.0		0	0.0	
Thiamin . . . . .	mg	0.447	0.018	20	0.536	
Riboflavin . . . . .	mg	0.215	0.013	20	0.258	
Niacin . . . . .	mg	6.365	0.263	8	7.638	
Pantothenic acid . . . . .	mg	1.008	0.052	2	1.210	
Vitamin B-6 . . . . .	mg	0.341	0.019	3	0.409	
Folate . . . . .	:g	44	4.194	7	53	
Vitamin B-12 . . . . .	:g	0.00		0	0.00	
Vitamin A . . . . .	IU	0		0	0	
Vitamin A, RE . . . . .	:g	0		0	0	
Vitamin D . . . . .	IU					
Vitamin E, " -TE . . . . .	mg	1.230		0	1.476	
<b>Lipids:</b>						
Saturated, total . . . . .	g	0.322		0	0.386	
4:0 . . . . .	g	0.000		0	0.000	
6:0 . . . . .	g	0.000		0	0.000	
8:0 . . . . .	g	0.018		0	0.022	
10:0 . . . . .	g	0.000		0	0.000	
12:0 . . . . .	g	0.000		0	0.000	
14:0 . . . . .	g	0.003		0	0.004	
15:0 . . . . .	g					
16:0 . . . . .	g	0.271		0	0.325	
17:0 . . . . .	g					
18:0 . . . . .	g	0.015		0	0.018	
20:0 . . . . .	g					
22:0 . . . . .	g					
24:0 . . . . .	g					

Monounsaturated, total . . . . .	g	0.232	0	0.278
14:1 . . . . .	g			
16:1 . . . . .	g	0.013	0	0.016
18:1 . . . . .	g	0.219	0	0.263
20:1 . . . . .	g	0.000	0	0.000
22:1 . . . . .	g	0.000	0	0.000
Polyunsaturated, total . . . . .	g	0.779	0	0.935
18:2 . . . . .	g	0.738	0	0.886
18:3 . . . . .	g	0.038	0	0.046
18:4 . . . . .	g	0.000	0	0.000
20:4 . . . . .	g	0.002	0	0.002
20:5 . . . . .	g	0.000	0	0.000
22:5 . . . . .	g	0.000	0	0.000
22:6 . . . . .	g	0.000	0	0.000
Cholesterol . . . . .	mg	0	0	0
Phytosterols . . . . .	mg			
<b>Amino acids:</b>				
Tryptophan . . . . .	g	0.212	12	0.254
Threonine . . . . .	g	0.395	25	0.474
Isoleucine . . . . .	g	0.508	25	0.610
Leucine . . . . .	g	0.926	25	1.111
Lysine . . . . .	g	0.378	26	0.454
Methionine . . . . .	g	0.212	26	0.254
Cystine . . . . .	g	0.317	20	0.380
Phenylalanine . . . . .	g	0.646	25	0.775
Tyrosine . . . . .	g	0.400	24	0.480
Valine . . . . .	g	0.618	25	0.742
Arginine . . . . .	g	0.642	26	0.770
Histidine . . . . .	g	0.317	26	0.380
Alanine . . . . .	g	0.487	24	0.584
Aspartic acid . . . . .	g	0.703	25	0.844
Glutamic acid . . . . .	g	4.325	24	5.190
Glycine . . . . .	g	0.552	23	0.662
Proline . . . . .	g	1.422	23	1.706
Serine . . . . .	g	0.646	23	0.775
<b>Other:</b>				
Caffeine . . . . .	mg			
Theobromine . . . . .	mg			
Alcohol . . . . .	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

**\* Common Measures:**

Measure 1: 1 cup

NDB No. 20080

Food Group 20 Cereal Grains and Pasta  
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

# NDB No. 20081 Wheat flour, white, all-purpose, enriched, bleached

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 125g	Measure 2*	Measure 3*
<b>Proximates:</b>						
Water . . . . .	g	11.92	0.184	72	14.90	
Energy . . . . .	kcal	364		0	455	
Energy . . . . .	kJ	1523		0	1904	
Protein (N x 5.95) . . . . .	g	10.33	0.131	61	12.91	
Total lipid (fat) . . . . .	g	0.98	0.038	29	1.23	
Carbohydrate, by difference . . . . .	g	76.31		0	95.39	
Fiber, total dietary . . . . .	g	2.7		0	3.4	
Ash . . . . .	g	0.47	0.015	61	0.59	
Sugars, total . . . . .	g					
<b>Minerals:</b>						
Calcium . . . . .	mg	15	0.370	113	19	
Iron . . . . .	mg	4.64	0.074	23	5.80	
Magnesium . . . . .	mg	22	0.586	129	28	
Phosphorus . . . . .	mg	108	2.395	47	135	
Potassium . . . . .	mg	107	2.696	94	134	
Sodium . . . . .	mg	2	0.226	82	3	
Zinc . . . . .	mg	0.70	0.020	136	0.88	
Copper . . . . .	mg	0.144	0.006	49	0.180	
Manganese . . . . .	mg	0.682	0.030	48	0.853	
Selenium . . . . .	:g	33.9	3.192	46	42.4	
<b>Vitamins:</b>						
Ascorbic acid . . . . .	mg	0.0		0	0.0	
Thiamin . . . . .	mg	0.785	0.015	36	0.981	
Riboflavin . . . . .	mg	0.494	0.016	32	0.618	
Niacin . . . . .	mg	5.904	0.123	19	7.380	
Pantothenic acid . . . . .	mg	0.438	0.093	10	0.548	
Vitamin B-6 . . . . .	mg	0.044	0.003	45	0.055	
Folate . . . . .	:g	154		0	193	
Vitamin B-12 . . . . .	:g	0.00		0	0.00	
Vitamin A . . . . .	IU	0		0	0	
Vitamin A, RE . . . . .	:g	0		0	0	
Vitamin D . . . . .	IU					
Vitamin E, " -TE . . . . .	mg	0.060		0	0.075	
<b>Lipids:</b>						
Saturated, total . . . . .	g	0.155		0	0.194	
4:0 . . . . .	g	0.000		0	0.000	
6:0 . . . . .	g	0.000		0	0.000	
8:0 . . . . .	g	0.000		0	0.000	
10:0 . . . . .	g	0.000		0	0.000	
12:0 . . . . .	g	0.000		0	0.000	
14:0 . . . . .	g	0.000		0	0.000	
15:0 . . . . .	g					
16:0 . . . . .	g	0.148		10	0.185	
17:0 . . . . .	g					
18:0 . . . . .	g	0.007		10	0.009	
20:0 . . . . .	g					
22:0 . . . . .	g					
24:0 . . . . .	g					

Monounsaturated, total . . . . .	g	0.087	0	0.109
14:1 . . . . .	g			
16:1 . . . . .	g	0.000	0	0.000
18:1 . . . . .	g	0.087	10	0.109
20:1 . . . . .	g	0.000	0	0.000
22:1 . . . . .	g	0.000	0	0.000
Polyunsaturated, total . . . . .	g	0.413	0	0.516
18:2 . . . . .	g	0.391	10	0.489
18:3 . . . . .	g	0.022	10	0.028
18:4 . . . . .	g	0.000	0	0.000
20:4 . . . . .	g	0.000	0	0.000
20:5 . . . . .	g	0.000	0	0.000
22:5 . . . . .	g	0.000	0	0.000
22:6 . . . . .	g	0.000	0	0.000
Cholesterol . . . . .	mg	0	0	0
Phytosterols . . . . .	mg			
<b>Amino acids:</b>				
Tryptophan . . . . .	g	0.127	39	0.159
Threonine . . . . .	g	0.281	67	0.351
Isoleucine . . . . .	g	0.357	68	0.446
Leucine . . . . .	g	0.710	68	0.888
Lysine . . . . .	g	0.228	69	0.285
Methionine . . . . .	g	0.183	67	0.229
Cystine . . . . .	g	0.219	63	0.274
Phenylalanine . . . . .	g	0.520	58	0.650
Tyrosine . . . . .	g	0.312	56	0.390
Valine . . . . .	g	0.415	58	0.519
Arginine . . . . .	g	0.417	51	0.521
Histidine . . . . .	g	0.230	51	0.287
Alanine . . . . .	g	0.332	49	0.415
Aspartic acid . . . . .	g	0.435	49	0.544
Glutamic acid . . . . .	g	3.479	49	4.349
Glycine . . . . .	g	0.371	49	0.464
Proline . . . . .	g	1.198	49	1.498
Serine . . . . .	g	0.516	49	0.645
<b>Other:</b>				
Caffeine . . . . .	mg			
Theobromine . . . . .	mg			
Alcohol . . . . .	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

**\* Common Measures:**

Measure 1: 1 cup

NDB No. 20081

Food Group 20 Cereal Grains and Pasta  
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

## NDB No. 20082 Wheat flour, white, all-purpose, self-rising, enriched

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 125g	Measure 2*	Measure 3*
<b>Proximates:</b>						
Water . . . . .	g	10.59	0.196	34	13.24	
Energy . . . . .	kcal	354		0	443	
Energy . . . . .	kJ	1481		0	1851	
Protein (N x 5.95) . . . . .	g	9.89	0.149	37	12.36	
Total lipid (fat) . . . . .	g	0.97	0.036	29	1.21	
Carbohydrate, by difference . . . . .	g	74.22		0	92.78	
Fiber, total dietary . . . . .	g	2.7		0	3.4	
Ash . . . . .	g	4.33	0.045	32	5.41	
Sugars, total . . . . .	g					
<b>Minerals:</b>						
Calcium . . . . .	mg	338	9.355	30	423	
Iron . . . . .	mg	4.67	0.140	7	5.84	
Magnesium . . . . .	mg	19	0.299	5	24	
Phosphorus . . . . .	mg	595	38.500	14	744	
Potassium . . . . .	mg	124	5.756	11	155	
Sodium . . . . .	mg	1270	39.347	12	1588	
Zinc . . . . .	mg	0.62	0.095	5	0.78	
Copper . . . . .	mg	0.112	0.009	5	0.140	
Manganese . . . . .	mg	1.000		1	1.250	
Selenium . . . . .	:g	34.4		0	43.0	
<b>Vitamins:</b>						
Ascorbic acid . . . . .	mg	0.0		0	0.0	
Thiamin . . . . .	mg	0.674	0.010	34	0.843	
Riboflavin . . . . .	mg	0.414	0.011	34	0.517	
Niacin . . . . .	mg	5.832	0.204	43	7.290	
Pantothenic acid . . . . .	mg	0.438		0	0.548	
Vitamin B-6 . . . . .	mg	0.050		1	0.063	
Folate . . . . .	:g	154		0	193	
Vitamin B-12 . . . . .	:g	0.00		0	0.00	
Vitamin A . . . . .	IU	0		1	0	
Vitamin A, RE . . . . .	:g	0		0	0	
Vitamin D . . . . .	IU					
Vitamin E, " -TE . . . . .	mg	0.060		0	0.075	
<b>Lipids:</b>						
Saturated, total . . . . .	g	0.154		0	0.193	
4:0 . . . . .	g	0.000		0	0.000	
6:0 . . . . .	g	0.000		0	0.000	
8:0 . . . . .	g	0.000		0	0.000	
10:0 . . . . .	g	0.000		0	0.000	
12:0 . . . . .	g	0.000		0	0.000	
14:0 . . . . .	g	0.000		0	0.000	
15:0 . . . . .	g					
16:0 . . . . .	g	0.147		0	0.184	
17:0 . . . . .	g					
18:0 . . . . .	g	0.007		0	0.009	
20:0 . . . . .	g					
22:0 . . . . .	g					
24:0 . . . . .	g					

Monounsaturated, total . . . . .	g	0.086	0	0.108
14:1 . . . . .	g			
16:1 . . . . .	g	0.000	0	0.000
18:1 . . . . .	g	0.086	0	0.108
20:1 . . . . .	g	0.000	0	0.000
22:1 . . . . .	g	0.000	0	0.000
Polyunsaturated, total . . . . .	g	0.410	0	0.512
18:2 . . . . .	g	0.388	0	0.485
18:3 . . . . .	g	0.022	0	0.028
18:4 . . . . .	g	0.000	0	0.000
20:4 . . . . .	g	0.000	0	0.000
20:5 . . . . .	g	0.000	0	0.000
22:5 . . . . .	g	0.000	0	0.000
22:6 . . . . .	g	0.000	0	0.000
Cholesterol . . . . .	mg	0	0	0
Phytosterols . . . . .	mg			
<b>Amino acids:</b>				
Tryptophan . . . . .	g	0.121	0	0.151
Threonine . . . . .	g	0.269	0	0.336
Isoleucine . . . . .	g	0.342	0	0.428
Leucine . . . . .	g	0.680	0	0.850
Lysine . . . . .	g	0.219	0	0.274
Methionine . . . . .	g	0.175	0	0.219
Cystine . . . . .	g	0.210	0	0.263
Phenylalanine . . . . .	g	0.498	0	0.623
Tyrosine . . . . .	g	0.298	0	0.373
Valine . . . . .	g	0.397	0	0.496
Arginine . . . . .	g	0.399	0	0.499
Histidine . . . . .	g	0.220	0	0.275
Alanine . . . . .	g	0.317	0	0.396
Aspartic acid . . . . .	g	0.416	0	0.520
Glutamic acid . . . . .	g	3.330	0	4.162
Glycine . . . . .	g	0.356	0	0.445
Proline . . . . .	g	1.146	0	1.433
Serine . . . . .	g	0.494	0	0.618
<b>Other:</b>				
Caffeine . . . . .	mg			
Theobromine . . . . .	mg			
Alcohol . . . . .	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

**\* Common Measures:**

Measure 1: 1 cup

NDB No. 20082

Food Group 20 Cereal Grains and Pasta  
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

# NDB No. 20083 Wheat flour, white, bread, enriched

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 137g	Measure 2*	Measure 3*
<b>Proximates:</b>						
Water . . . . .	g	13.36	0.104	67	18.30	
Energy . . . . .	kcal	361		0	495	
Energy . . . . .	kJ	1510		0	2069	
Protein (N x 5.95) . . . . .	g	11.98	0.095	65	16.41	
Total lipid (fat) . . . . .	g	1.66	0.038	9	2.27	
Carbohydrate, by difference . . . . .	g	72.53		0	99.37	
Fiber, total dietary . . . . .	g	2.4		0	3.3	
Ash . . . . .	g	0.47	0.005	65	0.64	
Sugars, total . . . . .	g					
<b>Minerals:</b>						
Calcium . . . . .	mg	15	0.476	163	21	
Iron . . . . .	mg	4.41		1	6.04	
Magnesium . . . . .	mg	25	0.450	160	34	
Phosphorus . . . . .	mg	97	2.621	11	133	
Potassium . . . . .	mg	100	2.509	81	137	
Sodium . . . . .	mg	2	0.047	74	3	
Zinc . . . . .	mg	0.85	0.023	177	1.16	
Copper . . . . .	mg	0.182	0.007	35	0.249	
Manganese . . . . .	mg	0.792	0.029	55	1.085	
Selenium . . . . .	:g	39.7	4.335	15	54.4	
<b>Vitamins:</b>						
Ascorbic acid . . . . .	mg	0.0		0	0.0	
Thiamin . . . . .	mg	0.812	0.032	12	1.112	
Riboflavin . . . . .	mg	0.512	0.020	15	0.701	
Niacin . . . . .	mg	7.554	0.676	9	10.349	
Pantothenic acid . . . . .	mg	0.438		0	0.600	
Vitamin B-6 . . . . .	mg	0.037	0.003	46	0.051	
Folate . . . . .	:g	154		0	211	
Vitamin B-12 . . . . .	:g	0.00		0	0.00	
Vitamin A . . . . .	IU	0		0	0	
Vitamin A, RE . . . . .	:g	0		0	0	
Vitamin D . . . . .	IU					
Vitamin E, " -TE . . . . .	mg	0.050		0	0.069	
<b>Lipids:</b>						
Saturated, total . . . . .	g	0.244		0	0.334	
4:0 . . . . .	g	0.000		0	0.000	
6:0 . . . . .	g	0.000		0	0.000	
8:0 . . . . .	g	0.000		0	0.000	
10:0 . . . . .	g	0.000		0	0.000	
12:0 . . . . .	g	0.000		0	0.000	
14:0 . . . . .	g	0.001		79	0.001	
15:0 . . . . .	g					
16:0 . . . . .	g	0.218		79	0.299	
17:0 . . . . .	g					
18:0 . . . . .	g	0.010		79	0.014	
20:0 . . . . .	g					
22:0 . . . . .	g					
24:0 . . . . .	g					

Monounsaturated, total . . . . .	g	0.140	0	0.192
14:1 . . . . .	g			
16:1 . . . . .	g	0.005	79	0.007
18:1 . . . . .	g	0.135	79	0.185
20:1 . . . . .	g	0.000	0	0.000
22:1 . . . . .	g	0.000	0	0.000
Polyunsaturated, total . . . . .	g	0.727	0	0.996
18:2 . . . . .	g	0.685	79	0.938
18:3 . . . . .	g	0.043	79	0.059
18:4 . . . . .	g	0.000	0	0.000
20:4 . . . . .	g	0.000	0	0.000
20:5 . . . . .	g	0.000	0	0.000
22:5 . . . . .	g	0.000	0	0.000
22:6 . . . . .	g	0.000	0	0.000
Cholesterol . . . . .	mg	0	0	0
Phytosterols . . . . .	mg			
<b>Amino acids:</b>				
Tryptophan . . . . .	g	0.139	13	0.190
Threonine . . . . .	g	0.320	23	0.438
Isoleucine . . . . .	g	0.444	23	0.608
Leucine . . . . .	g	0.828	23	1.134
Lysine . . . . .	g	0.231	23	0.316
Methionine . . . . .	g	0.210	22	0.288
Cystine . . . . .	g	0.269	22	0.369
Phenylalanine . . . . .	g	0.591	23	0.810
Tyrosine . . . . .	g	0.328	23	0.449
Valine . . . . .	g	0.502	23	0.688
Arginine . . . . .	g	0.416	23	0.570
Histidine . . . . .	g	0.254	23	0.348
Alanine . . . . .	g	0.366	23	0.501
Aspartic acid . . . . .	g	0.484	23	0.663
Glutamic acid . . . . .	g	4.198	23	5.751
Glycine . . . . .	g	0.410	23	0.562
Proline . . . . .	g	1.409	23	1.930
Serine . . . . .	g	0.580	23	0.795
<b>Other:</b>				
Caffeine . . . . .	mg			
Theobromine . . . . .	mg			
Alcohol . . . . .	g			

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Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

**\* Common Measures:**

Measure 1: 1 cup

NDB No. 20083

Food Group 20 Cereal Grains and Pasta  
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

# NDB No. 20084 Wheat flour, white, cake, enriched

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 137g	Measure 2*	Measure 3*
<b>Proximates:</b>						
Water . . . . .	g	12.51	0.180	25	17.14	
Energy . . . . .	kcal	362		0	496	
Energy . . . . .	kJ	1515		0	2076	
Protein (N x 5.95) . . . . .	g	8.20	0.079	21	11.23	
Total lipid (fat) . . . . .	g	0.86	0.037	5	1.18	
Carbohydrate, by difference . . . . .	g	78.03		0	106.90	
Fiber, total dietary . . . . .	g	1.7		0	2.3	
Ash . . . . .	g	0.39	0.013	35	0.53	
Sugars, total . . . . .	g					
<b>Minerals:</b>						
Calcium . . . . .	mg	14	0.461	63	19	
Iron . . . . .	mg	7.32	0.000	2	10.03	
Magnesium . . . . .	mg	16	0.802	77	22	
Phosphorus . . . . .	mg	85	4.918	16	116	
Potassium . . . . .	mg	105	4.130	41	144	
Sodium . . . . .	mg	2	0.091	38	3	
Zinc . . . . .	mg	0.62	0.041	72	0.85	
Copper . . . . .	mg	0.139	0.007	23	0.190	
Manganese . . . . .	mg	0.634	0.039	29	0.869	
Selenium . . . . .	:g	4.9	0.408	6	6.7	
<b>Vitamins:</b>						
Ascorbic acid . . . . .	mg	0.0		0	0.0	
Thiamin . . . . .	mg	0.892	0.058	2	1.222	
Riboflavin . . . . .	mg	0.430	0.014	2	0.589	
Niacin . . . . .	mg	6.790	0.339	2	9.302	
Pantothenic acid . . . . .	mg	0.458	0.019	3	0.627	
Vitamin B-6 . . . . .	mg	0.033	0.003	25	0.045	
Folate . . . . .	:g	154		0	211	
Vitamin B-12 . . . . .	:g	0.00		0	0.00	
Vitamin A . . . . .	IU	0		0	0	
Vitamin A, RE . . . . .	:g	0		0	0	
Vitamin D . . . . .	IU					
Vitamin E, " -TE . . . . .	mg	0.060		0	0.082	
<b>Lipids:</b>						
Saturated, total . . . . .	g	0.127		0	0.174	
4:0 . . . . .	g	0.000		0	0.000	
6:0 . . . . .	g	0.000		0	0.000	
8:0 . . . . .	g	0.000		0	0.000	
10:0 . . . . .	g	0.000		0	0.000	
12:0 . . . . .	g	0.000		0	0.000	
14:0 . . . . .	g	0.001		0	0.001	
15:0 . . . . .	g					
16:0 . . . . .	g	0.114		0	0.156	
17:0 . . . . .	g					
18:0 . . . . .	g	0.005		0	0.007	
20:0 . . . . .	g					
22:0 . . . . .	g					
24:0 . . . . .	g					

Monounsaturated, total . . . . .	g	0.073	0	0.100
14:1 . . . . .	g			
16:1 . . . . .	g	0.003	0	0.004
18:1 . . . . .	g	0.070	0	0.096
20:1 . . . . .	g	0.000	0	0.000
22:1 . . . . .	g	0.000	0	0.000
Polyunsaturated, total . . . . .	g	0.379	0	0.519
18:2 . . . . .	g	0.357	0	0.489
18:3 . . . . .	g	0.022	0	0.030
18:4 . . . . .	g	0.000	0	0.000
20:4 . . . . .	g	0.000	0	0.000
20:5 . . . . .	g	0.000	0	0.000
22:5 . . . . .	g	0.000	0	0.000
22:6 . . . . .	g	0.000	0	0.000
Cholesterol . . . . .	mg	0	0	0
Phytosterols . . . . .	mg			
<b>Amino acids:</b>				
Tryptophan . . . . .	g	0.118	6	0.162
Threonine . . . . .	g	0.227	7	0.311
Isoleucine . . . . .	g	0.311	7	0.426
Leucine . . . . .	g	0.558	7	0.764
Lysine . . . . .	g	0.285	7	0.390
Methionine . . . . .	g	0.138	7	0.189
Cystine . . . . .	g	0.178	7	0.244
Phenylalanine . . . . .	g	0.388	7	0.532
Tyrosine . . . . .	g	0.234	7	0.321
Valine . . . . .	g	0.360	7	0.493
Arginine . . . . .	g	0.314	7	0.430
Histidine . . . . .	g	0.167	7	0.229
Alanine . . . . .	g	0.247	7	0.338
Aspartic acid . . . . .	g	0.342	7	0.469
Glutamic acid . . . . .	g	2.710	7	3.713
Glycine . . . . .	g	0.278	7	0.381
Proline . . . . .	g	0.913	7	1.251
Serine . . . . .	g	0.432	7	0.592
<b>Other:</b>				
Caffeine . . . . .	mg			
Theobromine . . . . .	mg			
Alcohol . . . . .	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

**\* Common Measures:**

Measure 1: 1 cup unsifted, dipped

NDB No. 20084

Food Group 20 Cereal Grains and Pasta  
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

## NDB No. 20086 Wheat flour, white, tortilla mix, enriched

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 111g	Measure 2*	Measure 3*
<b>Proximates:</b>						
Water . . . . .	g	10.08	0.068	25	11.19	
Energy . . . . .	kcal	405		0	450	
Energy . . . . .	kJ	1695		0	1881	
Protein (N x 5.95) . . . . .	g	9.66	0.049	25	10.72	
Total lipid (fat) . . . . .	g	10.63	0.083	25	11.80	
Carbohydrate, by difference . . . . .	g	67.14		0	74.53	
Fiber, total dietary . . . . .	g					
Ash . . . . .	g	2.49	0.053	25	2.76	
Sugars, total . . . . .	g					
<b>Minerals:</b>						
Calcium . . . . .	mg	205	11.402	25	228	
Iron . . . . .	mg	7.05		1	7.83	
Magnesium . . . . .	mg	21		1	23	
Phosphorus . . . . .	mg	210		1	233	
Potassium . . . . .	mg	100	2.789	4	111	
Sodium . . . . .	mg	677	49.467	4	751	
Zinc . . . . .	mg	0.64		0	0.71	
Copper . . . . .	mg	0.100		1	0.111	
Manganese . . . . .	mg	0.614		0	0.682	
Selenium . . . . .	: g					
<b>Vitamins:</b>						
Ascorbic acid . . . . .	mg	0.0		0	0.0	
Thiamin . . . . .	mg	0.735	0.023	27	0.816	
Riboflavin . . . . .	mg	0.493	0.017	27	0.547	
Niacin . . . . .	mg	5.820	0.187	27	6.460	
Pantothenic acid . . . . .	mg	0.394		0	0.437	
Vitamin B-6 . . . . .	mg	0.040		1	0.044	
Folate . . . . .	: g	136		0	151	
Vitamin B-12 . . . . .	: g	0.00		0	0.00	
Vitamin A . . . . .	IU	0		0	0	
Vitamin A, RE . . . . .	: g	0		0	0	
Vitamin D . . . . .	IU					
Vitamin E, " -TE . . . . .	mg					
<b>Lipids:</b>						
Saturated, total . . . . .	g	4.100		0	4.551	
4:0 . . . . .	g					
6:0 . . . . .	g					
8:0 . . . . .	g					
10:0 . . . . .	g	0.010		0	0.011	
12:0 . . . . .	g	0.021		0	0.023	
14:0 . . . . .	g	0.132		0	0.147	
15:0 . . . . .	g					
16:0 . . . . .	g	2.557		0	2.838	
17:0 . . . . .	g					
18:0 . . . . .	g	1.379		0	1.531	
20:0 . . . . .	g					
22:0 . . . . .	g					
24:0 . . . . .	g					

Monounsaturated, total . . . . .	g	4.541	0	5.041
14:1 . . . . .	g			
16:1 . . . . .	g	0.271	0	0.301
18:1 . . . . .	g	4.270	0	4.740
20:1 . . . . .	g			
22:1 . . . . .	g			
Polyunsaturated, total . . . . .	g	1.522	0	1.689
18:2 . . . . .	g	1.399	0	1.553
18:3 . . . . .	g	0.123	0	0.137
18:4 . . . . .	g			
20:4 . . . . .	g			
20:5 . . . . .	g			
22:5 . . . . .	g			
22:6 . . . . .	g			
Cholesterol . . . . .	mg	0	0	0
Phytosterols . . . . .	mg			
<b>Amino acids:</b>				
Tryptophan . . . . .	g	0.119	0	0.132
Threonine . . . . .	g	0.263	0	0.292
Isoleucine . . . . .	g	0.334	0	0.371
Leucine . . . . .	g	0.664	0	0.737
Lysine . . . . .	g	0.213	0	0.236
Methionine . . . . .	g	0.171	0	0.190
Cystine . . . . .	g	0.205	0	0.228
Phenylalanine . . . . .	g	0.486	0	0.539
Tyrosine . . . . .	g	0.291	0	0.323
Valine . . . . .	g	0.388	0	0.431
Arginine . . . . .	g	0.390	0	0.433
Histidine . . . . .	g	0.215	0	0.239
Alanine . . . . .	g	0.310	0	0.344
Aspartic acid . . . . .	g	0.407	0	0.452
Glutamic acid . . . . .	g	3.253	0	3.611
Glycine . . . . .	g	0.347	0	0.385
Proline . . . . .	g	1.120	0	1.243
Serine . . . . .	g	0.483	0	0.536
<b>Other:</b>				
Caffeine . . . . .	mg			
Theobromine . . . . .	mg			
Alcohol . . . . .	g			

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Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

**\* Common Measures:**

Measure 1: 1 cup

NDB No. 20086

Food Group 20 Cereal Grains and Pasta  
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

## NDB No. 20087 Wheat, sprouted

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 108g	Measure 2*	Measure 3*
<b>Proximates:</b>						
Water . . . . .	g	47.75	3.578	8	51.57	
Energy . . . . .	kcal	198		0	214	
Energy . . . . .	kJ	828		0	894	
Protein (N x 5.95) . . . . .	g	7.49	0.382	8	8.09	
Total lipid (fat) . . . . .	g	1.27	0.106	8	1.37	
Carbohydrate, by difference . . . . .	g	42.53		0	45.93	
Fiber, total dietary . . . . .	g	1.1		0	1.2	
Ash . . . . .	g	0.96	0.055	8	1.04	
Sugars, total . . . . .	g					
<b>Minerals:</b>						
Calcium . . . . .	mg	28	1.972	8	30	
Iron . . . . .	mg	2.14	0.119	8	2.31	
Magnesium . . . . .	mg	82	3.214	8	89	
Phosphorus . . . . .	mg	200	10.970	8	216	
Potassium . . . . .	mg	169	18.038	8	183	
Sodium . . . . .	mg	16	1.569	8	17	
Zinc . . . . .	mg	1.65	0.122	8	1.78	
Copper . . . . .	mg	0.261	0.017	8	0.282	
Manganese . . . . .	mg	1.858	0.197	8	2.007	
Selenium . . . . .	:g	42.5		0	45.9	
<b>Vitamins:</b>						
Ascorbic acid . . . . .	mg	2.6	0.448	8	2.8	
Thiamin . . . . .	mg	0.225	0.009	8	0.243	
Riboflavin . . . . .	mg	0.155	0.026	8	0.167	
Niacin . . . . .	mg	3.087	0.130	8	3.334	
Pantothenic acid . . . . .	mg	0.947	0.056	8	1.023	
Vitamin B-6 . . . . .	mg	0.265	0.012	8	0.286	
Folate . . . . .	:g	38		0	41	
Vitamin B-12 . . . . .	:g	0.00		0	0.00	
Vitamin A . . . . .	IU	0		0	0	
Vitamin A, RE . . . . .	:g	0		0	0	
Vitamin D . . . . .	IU					
Vitamin E, " -TE . . . . .	mg	0.050		0	0.054	
<b>Lipids:</b>						
Saturated, total . . . . .	g	0.206		0	0.222	
4:0 . . . . .	g	0.000		0	0.000	
6:0 . . . . .	g	0.000		0	0.000	
8:0 . . . . .	g	0.000		0	0.000	
10:0 . . . . .	g	0.000		0	0.000	
12:0 . . . . .	g	0.000		0	0.000	
14:0 . . . . .	g	0.000		0	0.000	
15:0 . . . . .	g					
16:0 . . . . .	g	0.194		0	0.210	
17:0 . . . . .	g					
18:0 . . . . .	g	0.012		0	0.013	
20:0 . . . . .	g					
22:0 . . . . .	g					
24:0 . . . . .	g					

Monounsaturated, total . . . . .	g	0.151	0	0.163
14:1 . . . . .	g			
16:1 . . . . .	g	0.000	0	0.000
18:1 . . . . .	g	0.151	0	0.163
20:1 . . . . .	g	0.000	0	0.000
22:1 . . . . .	g	0.000	0	0.000
Polyunsaturated, total . . . . .	g	0.557	0	0.602
18:2 . . . . .	g	0.531	0	0.573
18:3 . . . . .	g	0.026	8	0.028
18:4 . . . . .	g	0.000	0	0.000
20:4 . . . . .	g	0.000	0	0.000
20:5 . . . . .	g	0.000	0	0.000
22:5 . . . . .	g	0.000	0	0.000
22:6 . . . . .	g	0.000	0	0.000
Cholesterol . . . . .	mg	0	0	0
Phytosterols . . . . .	mg			
<b>Amino acids:</b>				
Tryptophan . . . . .	g	0.115	4	0.124
Threonine . . . . .	g	0.254	4	0.274
Isoleucine . . . . .	g	0.287	4	0.310
Leucine . . . . .	g	0.507	4	0.548
Lysine . . . . .	g	0.245	4	0.265
Methionine . . . . .	g	0.116	3	0.125
Cystine . . . . .	g	0.134	4	0.145
Phenylalanine . . . . .	g	0.350	4	0.378
Tyrosine . . . . .	g	0.275	4	0.297
Valine . . . . .	g	0.361	4	0.390
Arginine . . . . .	g	0.425	4	0.459
Histidine . . . . .	g	0.196	4	0.212
Alanine . . . . .	g	0.295	4	0.319
Aspartic acid . . . . .	g	0.453	4	0.489
Glutamic acid . . . . .	g	1.871	4	2.021
Glycine . . . . .	g	0.306	4	0.330
Proline . . . . .	g	0.674	4	0.728
Serine . . . . .	g	0.341	4	0.368
<b>Other:</b>				
Caffeine . . . . .	mg			
Theobromine . . . . .	mg			
Alcohol . . . . .	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

**\* Common Measures:**

Measure 1: 1 cup

NDB No. 20087

Food Group 20 Cereal Grains and Pasta  
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

# NDB No. 20381 Wheat flour, white, all-purpose, enriched, calcium-fortified

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 125g	Measure 2*	Measure 3*
<b>Proximates:</b>						
Water . . . . .	g	11.92	0.184	72	14.90	
Energy . . . . .	kcal	364		0	455	
Energy . . . . .	kJ	1523		0	1904	
Protein (N x 5.95) . . . . .	g	10.33	0.131	61	12.91	
Total lipid (fat) . . . . .	g	0.98	0.038	29	1.23	
Carbohydrate, by difference . . . . .	g	76.31		0	95.39	
Fiber, total dietary . . . . .	g	2.7		0	3.4	
Ash . . . . .	g	0.47	0.015	61	0.59	
Sugars, total . . . . .	g					
<b>Minerals:</b>						
Calcium . . . . .	mg	252		1	315	
Iron . . . . .	mg	4.64	0.074	23	5.80	
Magnesium . . . . .	mg	22	0.586	129	28	
Phosphorus . . . . .	mg	108	2.395	47	135	
Potassium . . . . .	mg	107	2.696	94	134	
Sodium . . . . .	mg	2	0.226	82	3	
Zinc . . . . .	mg	0.70	0.020	136	0.88	
Copper . . . . .	mg	0.144	0.006	49	0.180	
Manganese . . . . .	mg	0.682	0.030	48	0.853	
Selenium . . . . .	: g					
<b>Vitamins:</b>						
Ascorbic acid . . . . .	mg	0.0		0	0.0	
Thiamin . . . . .	mg	0.785	0.015	36	0.981	
Riboflavin . . . . .	mg	0.494	0.016	32	0.618	
Niacin . . . . .	mg	5.904	0.123	19	7.380	
Pantothenic acid . . . . .	mg	0.438	0.093	10	0.548	
Vitamin B-6 . . . . .	mg	0.044	0.003	45	0.055	
Folate . . . . .	: g	154		0	193	
Vitamin B-12 . . . . .	: g	0.00		0	0.00	
Vitamin A . . . . .	IU	0		0	0	
Vitamin A, RE . . . . .	: g	0		0	0	
Vitamin D . . . . .	IU					
Vitamin E, " -TE . . . . .	mg	0.370		0	0.463	
<b>Lipids:</b>						
Saturated, total . . . . .	g	0.155		0	0.194	
4:0 . . . . .	g					
6:0 . . . . .	g					
8:0 . . . . .	g					
10:0 . . . . .	g					
12:0 . . . . .	g					
14:0 . . . . .	g					
15:0 . . . . .	g					
16:0 . . . . .	g	0.148		10	0.185	
17:0 . . . . .	g					
18:0 . . . . .	g	0.007		10	0.009	
20:0 . . . . .	g					
22:0 . . . . .	g					
24:0 . . . . .	g					

Monounsaturated, total . . . . .	g	0.087	0	0.109
14:1 . . . . .	g			
16:1 . . . . .	g			
18:1 . . . . .	g	0.087	10	0.109
20:1 . . . . .	g			
22:1 . . . . .	g			
Polyunsaturated, total . . . . .	g	0.413	0	0.516
18:2 . . . . .	g	0.391	10	0.489
18:3 . . . . .	g	0.022	10	0.028
18:4 . . . . .	g			
20:4 . . . . .	g			
20:5 . . . . .	g			
22:5 . . . . .	g			
22:6 . . . . .	g			
Cholesterol . . . . .	mg	0	0	0
Phytosterols . . . . .	mg			
<b>Amino acids:</b>				
Tryptophan . . . . .	g	0.127	39	0.159
Threonine . . . . .	g	0.281	67	0.351
Isoleucine . . . . .	g	0.357	68	0.446
Leucine . . . . .	g	0.710	68	0.888
Lysine . . . . .	g	0.228	69	0.285
Methionine . . . . .	g	0.183	67	0.229
Cystine . . . . .	g	0.219	63	0.274
Phenylalanine . . . . .	g	0.520	58	0.650
Tyrosine . . . . .	g	0.312	56	0.390
Valine . . . . .	g	0.415	58	0.519
Arginine . . . . .	g	0.417	51	0.521
Histidine . . . . .	g	0.230	51	0.287
Alanine . . . . .	g	0.332	49	0.415
Aspartic acid . . . . .	g	0.435	49	0.544
Glutamic acid . . . . .	g	3.479	49	4.349
Glycine . . . . .	g	0.371	49	0.464
Proline . . . . .	g	1.198	49	1.498
Serine . . . . .	g	0.516	49	0.645
<b>Other:</b>				
Caffeine . . . . .	mg			
Theobromine . . . . .	mg			
Alcohol . . . . .	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

**\* Common Measures:**

Measure 1: 1 cup

NDB No. 20381

Food Group 20 Cereal Grains and Pasta  
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

# NDB No. 20066 Semolina, enriched

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 167g	Measure 2*	Measure 3*
<b>Proximates:</b>						
Water . . . . .	g	12.67	1.013	3	21.16	
Energy . . . . .	kcal	360		0	601	
Energy . . . . .	kJ	1506		0	2515	
Protein (N x 5.95) . . . . .	g	12.68	0.184	16	21.18	
Total lipid (fat) . . . . .	g	1.05	0.007	2	1.75	
Carbohydrate, by difference . . . . .	g	72.83		0	121.63	
Fiber, total dietary . . . . .	g	3.9		0	6.5	
Ash . . . . .	g	0.77	0.026	45	1.29	
Sugars, total . . . . .	g					
<b>Minerals:</b>						
Calcium . . . . .	mg	17	0.510	4	28	
Iron . . . . .	mg	4.36	0.092	2	7.28	
Magnesium . . . . .	mg	47	5.656	6	78	
Phosphorus . . . . .	mg	136	12.522	4	227	
Potassium . . . . .	mg	186	9.879	4	311	
Sodium . . . . .	mg	1	0.246	4	2	
Zinc . . . . .	mg	1.05	0.078	4	1.75	
Copper . . . . .	mg	0.189	0.004	4	0.316	
Manganese . . . . .	mg	0.619	0.021	4	1.034	
Selenium . . . . .	:g	89.4		0	149.3	
<b>Vitamins:</b>						
Ascorbic acid . . . . .	mg	0.0		0	0.0	
Thiamin . . . . .	mg	0.811	0.083	2	1.354	
Riboflavin . . . . .	mg	0.571	0.024	2	0.954	
Niacin . . . . .	mg	5.990	0.297	2	10.003	
Pantothenic acid . . . . .	mg	0.580	0.044	2	0.969	
Vitamin B-6 . . . . .	mg	0.103	0.004	4	0.172	
Folate . . . . .	:g	154		0	257	
Vitamin B-12 . . . . .	:g	0.00		0	0.00	
Vitamin A . . . . .	IU	0		0	0	
Vitamin A, RE . . . . .	:g	0		0	0	
Vitamin D . . . . .	IU					
Vitamin E, " -TE . . . . .	mg	0.060		0	0.100	
<b>Lipids:</b>						
Saturated, total . . . . .	g	0.150		0	0.251	
4:0 . . . . .	g	0.000		0	0.000	
6:0 . . . . .	g	0.000		0	0.000	
8:0 . . . . .	g	0.000		0	0.000	
10:0 . . . . .	g	0.000		0	0.000	
12:0 . . . . .	g	0.000		0	0.000	
14:0 . . . . .	g	0.002		1	0.003	
15:0 . . . . .	g					
16:0 . . . . .	g	0.131		1	0.219	
17:0 . . . . .	g					
18:0 . . . . .	g	0.017		1	0.028	
20:0 . . . . .	g					
22:0 . . . . .	g					
24:0 . . . . .	g					

Monounsaturated, total . . . . .	g	0.124	0	0.207
14:1 . . . . .	g			
16:1 . . . . .	g	0.000	0	0.000
18:1 . . . . .	g	0.124	1	0.207
20:1 . . . . .	g	0.000	0	0.000
22:1 . . . . .	g	0.000	0	0.000
Polyunsaturated, total . . . . .	g	0.430	0	0.718
18:2 . . . . .	g	0.393	1	0.656
18:3 . . . . .	g	0.037	1	0.062
18:4 . . . . .	g	0.000	0	0.000
20:4 . . . . .	g	0.000	0	0.000
20:5 . . . . .	g	0.000	0	0.000
22:5 . . . . .	g	0.000	0	0.000
22:6 . . . . .	g	0.000	0	0.000
Cholesterol . . . . .	mg	0	0	0
Phytosterols . . . . .	mg			
<b>Amino acids:</b>				
Tryptophan . . . . .	g	0.162	2	0.271
Threonine . . . . .	g	0.335	6	0.559
Isoleucine . . . . .	g	0.490	6	0.818
Leucine . . . . .	g	0.867	6	1.448
Lysine . . . . .	g	0.243	6	0.406
Methionine . . . . .	g	0.198	6	0.331
Cystine . . . . .	g	0.358	6	0.598
Phenylalanine . . . . .	g	0.616	6	1.029
Tyrosine . . . . .	g	0.333	6	0.556
Valine . . . . .	g	0.540	6	0.902
Arginine . . . . .	g	0.467	6	0.780
Histidine . . . . .	g	0.257	6	0.429
Alanine . . . . .	g	0.372	6	0.621
Aspartic acid . . . . .	g	0.518	6	0.865
Glutamic acid . . . . .	g	4.571	6	7.634
Glycine . . . . .	g	0.401	6	0.670
Proline . . . . .	g	1.395	6	2.330
Serine . . . . .	g	0.598	6	0.999
<b>Other:</b>				
Caffeine . . . . .	mg			
Theobromine . . . . .	mg			
Alcohol . . . . .	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

**\* Common Measures:**

Measure 1: 1 cup

NDB No. 20066

Food Group 20 Cereal Grains and Pasta  
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

# NDB No. 20466 Semolina, unenriched

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 167g	Measure 2*	Measure 3*
<b>Proximates:</b>						
Water . . . . .	g	12.67	1.013	3	21.16	
Energy . . . . .	kcal	360		0	601	
Energy . . . . .	kJ	1506		0	2515	
Protein (N x 5.95) . . . . .	g	12.68	0.184	16	21.18	
Total lipid (fat) . . . . .	g	1.05	0.007	2	1.75	
Carbohydrate, by difference . . . . .	g	72.83		0	121.63	
Fiber, total dietary . . . . .	g	3.9		0	6.5	
Ash . . . . .	g	0.77	0.026	45	1.29	
Sugars, total . . . . .	g					
<b>Minerals:</b>						
Calcium . . . . .	mg	17	0.510	4	28	
Iron . . . . .	mg	1.23		1	2.05	
Magnesium . . . . .	mg	47	5.656	6	78	
Phosphorus . . . . .	mg	136	12.522	4	227	
Potassium . . . . .	mg	186	9.879	4	311	
Sodium . . . . .	mg	1	0.246	4	2	
Zinc . . . . .	mg	1.05	0.078	4	1.75	
Copper . . . . .	mg	0.189	0.004	4	0.316	
Manganese . . . . .	mg	0.619	0.021	4	1.034	
Selenium . . . . .	: g					
<b>Vitamins:</b>						
Ascorbic acid . . . . .	mg	0.0		0	0.0	
Thiamin . . . . .	mg	0.280		1	0.468	
Riboflavin . . . . .	mg	0.080		1	0.134	
Niacin . . . . .	mg	3.310		1	5.528	
Pantothenic acid . . . . .	mg	0.580	0.044	2	0.969	
Vitamin B-6 . . . . .	mg	0.103	0.004	4	0.172	
Folate . . . . .	: g	72	1.526	2	120	
Vitamin B-12 . . . . .	: g	0.00		0	0.00	
Vitamin A . . . . .	IU	0		0	0	
Vitamin A, RE . . . . .	: g	0		0	0	
Vitamin D . . . . .	IU					
Vitamin E, " -TE . . . . .	mg	0.260		0	0.434	
<b>Lipids:</b>						
Saturated, total . . . . .	g	0.150		0	0.251	
4:0 . . . . .	g	0.000		0	0.000	
6:0 . . . . .	g	0.000		0	0.000	
8:0 . . . . .	g	0.000		0	0.000	
10:0 . . . . .	g	0.000		0	0.000	
12:0 . . . . .	g	0.000		0	0.000	
14:0 . . . . .	g	0.002		1	0.003	
15:0 . . . . .	g					
16:0 . . . . .	g	0.131		1	0.219	
17:0 . . . . .	g					
18:0 . . . . .	g	0.017		1	0.028	
20:0 . . . . .	g					
22:0 . . . . .	g					
24:0 . . . . .	g					

Monounsaturated, total . . . . .	g	0.124	0	0.207
14:1 . . . . .	g			
16:1 . . . . .	g	0.000	0	0.000
18:1 . . . . .	g	0.124	1	0.207
20:1 . . . . .	g	0.000	0	0.000
22:1 . . . . .	g	0.000	0	0.000
Polyunsaturated, total . . . . .	g	0.430	0	0.718
18:2 . . . . .	g	0.393	1	0.656
18:3 . . . . .	g	0.037	1	0.062
18:4 . . . . .	g	0.000	0	0.000
20:4 . . . . .	g	0.000	0	0.000
20:5 . . . . .	g	0.000	0	0.000
22:5 . . . . .	g	0.000	0	0.000
22:6 . . . . .	g	0.000	0	0.000
Cholesterol . . . . .	mg	0	0	0
Phytosterols . . . . .	mg			
<b>Amino acids:</b>				
Tryptophan . . . . .	g	0.162	6	0.271
Threonine . . . . .	g	0.335	6	0.559
Isoleucine . . . . .	g	0.490	6	0.818
Leucine . . . . .	g	0.867	6	1.448
Lysine . . . . .	g	0.243	6	0.406
Methionine . . . . .	g	0.198	6	0.331
Cystine . . . . .	g	0.358	6	0.598
Phenylalanine . . . . .	g	0.616	6	1.029
Tyrosine . . . . .	g	0.333	6	0.556
Valine . . . . .	g	0.540	6	0.902
Arginine . . . . .	g	0.467	6	0.780
Histidine . . . . .	g	0.257	6	0.429
Alanine . . . . .	g	0.372	6	0.621
Aspartic acid . . . . .	g	0.518	6	0.865
Glutamic acid . . . . .	g	4.571	6	7.634
Glycine . . . . .	g	0.401	6	0.670
Proline . . . . .	g	1.395	6	2.330
Serine . . . . .	g	0.598	6	0.999
<b>Other:</b>				
Caffeine . . . . .	mg			
Theobromine . . . . .	mg			
Alcohol . . . . .	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

**\* Common Measures:**

Measure 1: 1 cup

NDB No. 20466

Food Group 20 Cereal Grains and Pasta  
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

# NDB No. 20481 Wheat flour, white, all-purpose, unenriched

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 125g	Measure 2*	Measure 3*
<b>Proximates:</b>						
Water . . . . .	g	11.92	0.184	72	14.90	
Energy . . . . .	kcal	364		0	455	
Energy . . . . .	kJ	1523		0	1904	
Protein (N x 5.95) . . . . .	g	10.33	0.131	61	12.91	
Total lipid (fat) . . . . .	g	0.98	0.038	29	1.23	
Carbohydrate, by difference . . . . .	g	76.31		0	95.39	
Fiber, total dietary . . . . .	g	2.7		1	3.4	
Ash . . . . .	g	0.47	0.015	61	0.59	
Sugars, total . . . . .	g					
<b>Minerals:</b>						
Calcium . . . . .	mg	15	0.370	113	19	
Iron . . . . .	mg	1.17		1	1.46	
Magnesium . . . . .	mg	22	0.586	129	28	
Phosphorus . . . . .	mg	108	2.395	47	135	
Potassium . . . . .	mg	107	2.696	94	134	
Sodium . . . . .	mg	2	0.226	82	3	
Zinc . . . . .	mg	0.70	0.020	136	0.88	
Copper . . . . .	mg	0.144	0.006	49	0.180	
Manganese . . . . .	mg	0.682	0.030	48	0.853	
Selenium . . . . .	:g	33.9	3.192	46	42.4	
<b>Vitamins:</b>						
Ascorbic acid . . . . .	mg	0.0		0	0.0	
Thiamin . . . . .	mg	0.120		1	0.150	
Riboflavin . . . . .	mg	0.040		1	0.050	
Niacin . . . . .	mg	1.250		1	1.563	
Pantothenic acid . . . . .	mg	0.438	0.093	10	0.548	
Vitamin B-6 . . . . .	mg	0.044	0.003	45	0.055	
Folate . . . . .	:g	26	3.672	15	33	
Vitamin B-12 . . . . .	:g	0.00		0	0.00	
Vitamin A . . . . .	IU	0		0	0	
Vitamin A, RE . . . . .	:g	0		0	0	
Vitamin D . . . . .	IU					
Vitamin E, " -TE . . . . .	mg	0.060		0	0.075	
<b>Lipids:</b>						
Saturated, total . . . . .	g	0.155		0	0.194	
4:0 . . . . .	g	0.000		0	0.000	
6:0 . . . . .	g	0.000		0	0.000	
8:0 . . . . .	g	0.000		0	0.000	
10:0 . . . . .	g	0.000		0	0.000	
12:0 . . . . .	g	0.000		0	0.000	
14:0 . . . . .	g	0.000		0	0.000	
15:0 . . . . .	g					
16:0 . . . . .	g	0.148		10	0.185	
17:0 . . . . .	g					
18:0 . . . . .	g	0.007		10	0.009	
20:0 . . . . .	g					
22:0 . . . . .	g					
24:0 . . . . .	g					

Monounsaturated, total . . . . .	g	0.087	0	0.109
14:1 . . . . .	g			
16:1 . . . . .	g	0.000	0	0.000
18:1 . . . . .	g	0.087	10	0.109
20:1 . . . . .	g	0.000	0	0.000
22:1 . . . . .	g	0.000	0	0.000
Polyunsaturated, total . . . . .	g	0.413	0	0.516
18:2 . . . . .	g	0.391	10	0.489
18:3 . . . . .	g	0.022	10	0.028
18:4 . . . . .	g	0.000	0	0.000
20:4 . . . . .	g	0.000	0	0.000
20:5 . . . . .	g	0.000	0	0.000
22:5 . . . . .	g	0.000	0	0.000
22:6 . . . . .	g	0.000	0	0.000
Cholesterol . . . . .	mg	0	0	0
Phytosterols . . . . .	mg			
<b>Amino acids:</b>				
Tryptophan . . . . .	g	0.127	39	0.159
Threonine . . . . .	g	0.281	67	0.351
Isoleucine . . . . .	g	0.357	68	0.446
Leucine . . . . .	g	0.710	68	0.888
Lysine . . . . .	g	0.228	69	0.285
Methionine . . . . .	g	0.183	67	0.229
Cystine . . . . .	g	0.219	63	0.274
Phenylalanine . . . . .	g	0.520	58	0.650
Tyrosine . . . . .	g	0.312	56	0.390
Valine . . . . .	g	0.415	58	0.519
Arginine . . . . .	g	0.417	51	0.521
Histidine . . . . .	g	0.230	51	0.287
Alanine . . . . .	g	0.332	49	0.415
Aspartic acid . . . . .	g	0.435	49	0.544
Glutamic acid . . . . .	g	3.479	49	4.349
Glycine . . . . .	g	0.371	49	0.464
Proline . . . . .	g	1.198	49	1.498
Serine . . . . .	g	0.516	49	0.645
<b>Other:</b>				
Caffeine . . . . .	mg			
Theobromine . . . . .	mg			
Alcohol . . . . .	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

**\* Common Measures:**

Measure 1: 1 cup

NDB No. 20481

Food Group 20 Cereal Grains and Pasta  
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

# NDB No. 20581 Wheat flour, white, all-purpose, enriched, unbleached

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 125g	Measure 2*	Measure 3*
<b>Proximates:</b>						
Water . . . . .	g	11.92	0.184	72	14.90	
Energy . . . . .	kcal	364		0	455	
Energy . . . . .	kJ	1523		0	1904	
Protein (N x 5.95) . . . . .	g	10.33	0.131	61	12.91	
Total lipid (fat) . . . . .	g	0.98	0.038	29	1.23	
Carbohydrate, by difference . . . . .	g	76.31		0	95.39	
Fiber, total dietary . . . . .	g	2.7		0	3.4	
Ash . . . . .	g	0.47	0.015	61	0.59	
Sugars, total . . . . .	g					
<b>Minerals:</b>						
Calcium . . . . .	mg	15	0.370	113	19	
Iron . . . . .	mg	4.64	0.074	23	5.80	
Magnesium . . . . .	mg	22	0.586	129	28	
Phosphorus . . . . .	mg	108	2.395	47	135	
Potassium . . . . .	mg	107	2.696	94	134	
Sodium . . . . .	mg	2	0.226	82	3	
Zinc . . . . .	mg	0.70	0.020	136	0.88	
Copper . . . . .	mg	0.144	0.006	49	0.180	
Manganese . . . . .	mg	0.682	0.030	48	0.853	
Selenium . . . . .	:g	33.9	3.192	46	42.4	
<b>Vitamins:</b>						
Ascorbic acid . . . . .	mg	0.0		0	0.0	
Thiamin . . . . .	mg	0.785	0.015	36	0.981	
Riboflavin . . . . .	mg	0.494	0.016	32	0.618	
Niacin . . . . .	mg	5.904	0.123	19	7.380	
Pantothenic acid . . . . .	mg	0.438	0.093	10	0.548	
Vitamin B-6 . . . . .	mg	0.044	0.003	45	0.055	
Folate . . . . .	:g	154		0	193	
Vitamin B-12 . . . . .	:g	0.00		0	0.00	
Vitamin A . . . . .	IU	0		0	0	
Vitamin A, RE . . . . .	:g	0		0	0	
Vitamin D . . . . .	IU					
Vitamin E, " -TE . . . . .	mg	0.370		0	0.463	
<b>Lipids:</b>						
Saturated, total . . . . .	g	0.155		0	0.194	
4:0 . . . . .	g					
6:0 . . . . .	g					
8:0 . . . . .	g					
10:0 . . . . .	g					
12:0 . . . . .	g					
14:0 . . . . .	g					
15:0 . . . . .	g					
16:0 . . . . .	g	0.148		10	0.185	
17:0 . . . . .	g					
18:0 . . . . .	g	0.007		10	0.009	
20:0 . . . . .	g					
22:0 . . . . .	g					
24:0 . . . . .	g					

Monounsaturated, total . . . . .	g	0.087	0	0.109
14:1 . . . . .	g			
16:1 . . . . .	g			
18:1 . . . . .	g	0.087	10	0.109
20:1 . . . . .	g			
22:1 . . . . .	g			
Polyunsaturated, total . . . . .	g	0.413	0	0.516
18:2 . . . . .	g	0.391	10	0.489
18:3 . . . . .	g	0.022	10	0.028
18:4 . . . . .	g			
20:4 . . . . .	g			
20:5 . . . . .	g			
22:5 . . . . .	g			
22:6 . . . . .	g			
Cholesterol . . . . .	mg	0	0	0
Phytosterols . . . . .	mg			
<b>Amino acids:</b>				
Tryptophan . . . . .	g	0.127	39	0.159
Threonine . . . . .	g	0.281	67	0.351
Isoleucine . . . . .	g	0.357	68	0.446
Leucine . . . . .	g	0.710	68	0.888
Lysine . . . . .	g	0.228	69	0.285
Methionine . . . . .	g	0.183	67	0.229
Cystine . . . . .	g	0.219	63	0.274
Phenylalanine . . . . .	g	0.520	58	0.650
Tyrosine . . . . .	g	0.312	56	0.390
Valine . . . . .	g	0.415	58	0.519
Arginine . . . . .	g	0.417	51	0.521
Histidine . . . . .	g	0.230	51	0.287
Alanine . . . . .	g	0.332	49	0.415
Aspartic acid . . . . .	g	0.435	49	0.544
Glutamic acid . . . . .	g	3.479	49	4.349
Glycine . . . . .	g	0.371	49	0.464
Proline . . . . .	g	1.198	49	1.498
Serine . . . . .	g	0.516	49	0.645
<b>Other:</b>				
Caffeine . . . . .	mg			
Theobromine . . . . .	mg			
Alcohol . . . . .	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

**\* Common Measures:**

Measure 1: 1 cup

NDB No. 20581

Food Group 20 Cereal Grains and Pasta  
 USDA Nutrient Database for Standard Reference, Release 13 (1999)