

**SOLID FOOD**  
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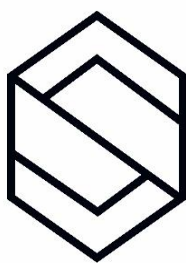
# QUINOA & STAPLE FOODS

## Nutritional value

Description (per 100g dry weight)	Quinoa	Rice	Potatoes	Maize	Wheat	Soybean	Pea	RDA
Description in 'FoodData Central' database	Quinoa, uncooked	Rice, white, long-grain, regular, raw, unenriched	Potatoes, flesh and skin, raw	Corn grain, yellow	Wheat, hard red winter	Soybeans, mature seeds, raw	Peas, green, raw	Recommended Dietary Allowances
<b>Macro-nutrient contents</b>								
Energy (Kcal/100g)	368	365	77	365	327	446	81	2.000-2.500
Protein (g/100g)	<b>14,12</b>	7,13	2,05	9,42	12,61	<b>36,49</b>	5,42	50
Fat (g/100g)	6,07	0,66	0,09	4,74	1,54	19,94	0,40	44-77
Saturated fat	0,71	0,18	<b>0,03</b>	0,67	0,26	2,88	0,07	minimal
Mono-unsaturated fat	<b>1,61</b>	0,21	0,00	1,25	0,20	<b>4,40</b>	0,04	22-55
Carbohydrates	64,16	79,95	17,49	74,26	71,18	30,16	14,45	130
Dietary fibre	7,0	1,3	2,1	7,3	<b>12,2</b>	9,3	5,7	30
<b>Vitamins</b>								
A (IU)	14	0	2	214	9	22	<b>765</b>	5.000
B-1 (Thiamine) (mg)	0,36	0,07	0,08	0,39	0,38	<b>0,87</b>	0,27	1,2
B-2 (Riboflavine) (mg)	<b>0,32</b>	0,05	0,03	0,20	0,12	<b>0,87</b>	0,13	1,3
B-3 (Niacine) (mg)	1,52	1,60	1,06	3,63	<b>5,46</b>	1,62	2,09	16
B-6 (mg)	0,49	0,16	0,30	<b>0,62</b>	0,30	0,38	0,17	1,3
B-9 (Folate) (µg)	<b>184</b>	8	15	19	38	<b>375</b>	65	400
C (mg)	0,0	0,0	19,7	0,0	0,0	6,0	<b>40,0</b>	90
E (mg)	<b>2,44</b>	0,11	0,01	0,49	1,01	0,85	0,13	15
<b>Minerals (mg/100g)</b>								
Calcium	<b>47</b>	28	12	7	29	<b>277</b>	25	1.000
Iron	<b>4,6</b>	0,8	0,8	2,7	3,2	<b>15,7</b>	1,5	8
Magnesium	<b>197</b>	25	23	127	126	<b>280</b>	33	400
Manganese	2,033	1,088	0,153	0,485	<b>3,985</b>	2,517	0,410	2,3
Phosphorus	<b>457</b>	115	57	210	288	<b>704</b>	108	700
Potassium	<b>563</b>	115	425	287	363	<b>1.797</b>	244	4.700
Sodium	5	5	<b>6</b>	35	2	2	5	1.500
Zinc	<b>3,1</b>	1,1	0,3	2,2	2,7	<b>4,9</b>	1,2	11
<b>Essential amino acids (g/100g)</b>								
								g/70kg body
Histidine	<b>0,407</b>	0,168	0,035	0,287	0,285	1,097	0,107	0,7
Isoleucine	<b>0,504</b>	0,308	0,066	0,337	0,458	1,971	0,195	1,4
Leucine	0,840	0,589	0,098	<b>1,155</b>	0,854	3,309	0,323	2,73
Lysine	<b>0,766</b>	0,258	0,107	0,265	0,335	2,706	0,317	2,1
Methionine + Cystine	<b>0,512</b>	0,314	0,056	0,367	0,233	1,202	0,114	1,05
Phenylalanine+ Tyrosine	0,860	0,619	0,129	0,846	<b>0,979</b>	3,661	0,314	1,75
Threonine	<b>0,421</b>	0,255	0,067	0,354	0,365	1,766	0,203	1,05
Tryptophan	<b>0,167</b>	0,083	0,021	0,067	0,160	0,591	0,037	0,28
Valine	<b>0,594</b>	0,435	0,103	0,477	0,556	2,029	0,235	1,82
Limiting amino acid	None	Lysine	Lysine	Lysine	Lysine	Meth+Cyst	Meth+Cyst	
<b>Other characteristics</b>								
Protein quality (PDCAAS)	0,80	0,42	0,99	0,67	0,25 - 0,51	0,91	0,89	
Glutenfree	Yes	Yes	Yes	Yes	No	Yes	Yes	
Allergen risk	Low	Low	Low	Low	High	High	Medium	
Glycemic index	Low	Low	High	Medium	Medium	Low	Low	

Quinoa is a rich source of protein, several vitamins (e.g. B2, B9 and E) and the dietary minerals magnesium, phosphorus and iron. Quinoa is gluten-free and has a low glycemic index. All essential amino acids are present, in an almost perfect balance.

Source: USDA Nutrient Database (FoodData Central) - retrieved Dec. 2020 & Other characteristics: Wikipedia  
<https://fdc.nal.usda.gov/index.html>



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# QUINOA & ANCIENT GRAINS

## Nutritional value

Description (per 100g dry weight)	Quinoa	Amaranth	Buckwheat	Millet	Oats	Spelt	RDA
Description in 'FoodData Central' database	Quinoa, uncooked	Amaranth grain, uncooked	Buckwheat	Millet, raw	Oats (incl. foods for USDA's...)	Spelt, uncooked	Recommended Dietary Allowances
<b>Macro-nutrient contents</b>							
Energy (Kcal/100g)	368	371	343	378	389	338	2.000-2.500
Protein (g/100g)	14,12	13,56	13,25	11,02	<b>16,89</b>	14,57	50
Fat (g/100g)	6,07	7,02	3,40	4,22	6,90	2,43	44-77
Saturated fat	0,71	1,46	0,74	0,72	1,22	<b>0,41</b>	minimal
Mono-unsaturated fat	1,61	1,69	1,04	0,77	<b>2,18</b>	0,45	22-55
Carbohydrates	64,16	65,25	71,50	72,85	66,27	70,19	130
Dietary fibre	7,0	6,7	10,0	8,5	10,6	<b>10,7</b>	30
<b>Vitamins</b>							
A (IU)	<b>14</b>	2	0	0	0	10	5.000
B-1 (Thiamine) (mg)	0,36	0,12	0,10	0,42	<b>0,76</b>	0,36	1,2
B-2 (Riboflavine) (mg)	<b>0,32</b>	0,20	0,43	0,29	0,14	0,11	1,3
B-3 (Niacine) (mg)	1,52	0,92	<b>7,02</b>	4,72	0,96	6,84	16
B-6 (mg)	0,49	<b>0,59</b>	0,21	0,38	0,12	0,23	1,3
B-9 (Folate) (µg)	<b>184</b>	82	30	85	56	45	400
C (mg)	0,0	<b>4,2</b>	0,0	0,0	0,0	0,0	90
E (mg)	<b>2,44</b>	1,19	0,00	0,05	0,00	0,79	15
<b>Minerals (mg/100g)</b>							
Calcium	47	<b>159</b>	18	8	54	27	1.000
Iron	4,6	<b>7,6</b>	2,2	3,0	4,7	4,4	8
Magnesium	197	<b>248</b>	231	114	177	136	400
Manganese	2,033	3,333	1,300	1,632	4,916	2,983	2,3
Phosphorus	457	<b>557</b>	347	285	523	401	700
Potassium	<b>563</b>	508	460	195	429	388	4.700
Sodium	5	4	1	5	2	<b>8</b>	1.500
Zinc	3,1	2,9	2,4	1,7	<b>4,0</b>	3,3	11
<b>Essential amino acids (g/100g)</b>							
							g/70kg body
Histidine	<b>0,407</b>	0,389	0,309	0,236	0,405	0,360	0,7
Isoleucine	0,504	0,582	0,498	0,465	<b>0,694</b>	0,552	1,4
Leucine	0,840	0,879	0,832	1,400	<b>1,284</b>	1,070	2,73
Lysine	<b>0,766</b>	0,747	0,672	0,212	0,701	0,409	2,1
Methionine + Cystine	0,512	0,417	0,401	0,433	<b>0,720</b>	0,588	1,05
Phenylalanine+ Tyrosine	0,860	0,871	0,761	0,920	<b>1,468</b>	1,114	1,75
Threonine	0,421	0,558	0,506	0,353	<b>0,575</b>	0,443	1,05
Tryptophan	0,167	0,181	0,192	0,119	<b>0,234</b>	0,132	0,28
Valine	0,594	0,679	0,678	0,578	<b>0,937</b>	0,681	1,82
<b>Other characteristics</b>							
Protein quality (PDCAAS)	0,67				0,57		
Glutenfree	Yes	Yes	Yes	Yes	No	No	
Glycemic index	Low	High	Low/Medium	Low	Low	Low	

Source: USDA Nutrient Database (FoodData Central) - retrieved Dec. 2020

<https://fdc.nal.usda.gov/index.html>