

SORGHUM NUTRIENT COMPARISON



Nutrient	Whole Grain Sorghum ¹	Whole Grain Sorghum Flour ¹	Refined, Unenriched Sorghum Flour ¹	Sorghum Syrup ²
Water (g)	12.40	10.26	11.92	4.77
Calories	329	359	357	61
Protein (g)	10.62	8.43	9.53	0
Total Fat (g)	3.46	3.34	1.24	0
Carbohydrates (g)	72.09	76.64	76.85	15.73
Total Dietary Fiber (g)	6.7 ³	6.6	1.9	0
Sugars (g)	2.53	1.94	0	15.73
Calcium(mg)	13	12	6	32
Iron (mg)	3.36	3.14	0.97	0.80
Magnesium (mg)	165	123	31	21
Phosphorus (mg)	289	278	87	12
Potassium (mg)	363	324	145	210
Sodium (mg)	2	3	1	2
Zinc (mg)	1.67	1.63	0.47	0.09
Vitamin C (mg)	0	0.8	0.6	0
Thiamin (mg)	0.332	0.329	0.090	0.021
Riboflavin (mg)	0.096	0.061	0.005	0.033
Niacin (mg)	3.688	4.496	1.329	0.021
Vitamin B-6 (mg)	0.443	0.325	0.068	0.141
Folate, DFE (µg)	20	25	0	0
Vitamin E (mg)	0.50	0.50	0	0
Vitamin K (µg)		6.4	0	0
Saturated Fat (g)	0.610	0.528	0.303	0
Monosaturated Fat (g)	1.131	0.943	0.385	0
Polyunsaturated Fat (g)	1.558	1.403	0.475	0
Trans Fat (g)	0.005	0.004	0.001	0

1 Values based on 100 g uncooked portion.

2 Value based on 1 tablespoon portion.

3 Total dietary fiber value is for white sorghum. Total dietary fiber values for other types of sorghum range from 8.8 to 11.1 g/100g.

4 Mean value for whole grain sorghum flour contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically

Information retrieved from USDA Agricultural Research Service National Nutrient Database for Standard Reference, Release 28, 2016

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