

Wheat germ, crude

NDB No: 20078

Date: 7/24/2006 9:2

Measure: 100 gram

Gram weight (edible portion): 100.00 g

Refuse: 0%

Nutrient	Units	Value
Water	g	11.12
Energy	kcal	360
Energy	kJ	1506
Protein	g	23.15
Total lipid (fat)	g	9.72
Ash	g	4.21
Carbohydrate, by difference	g	51.80
Fiber, total dietary	g	13.2
Calcium, Ca	mg	39
Iron, Fe	mg	6.26
Magnesium, Mg	mg	239
Phosphorus, P	mg	842
Potassium, K	mg	892
Sodium, Na	mg	12
Zinc, Zn	mg	12.29
Copper, Cu	mg	0.796
Manganese, Mn	mg	13.301
Selenium, Se	mcg	79.2
Vitamin C, total ascorbic acid	mg	0.0
Thiamin	mg	1.882
Riboflavin	mg	0.499
Niacin	mg	6.813
Pantothenic acid	mg	2.257
Vitamin B-6	mg	1.300
Folate, total	mcg	281
Folic acid	mcg	0
Folate, food	mcg	281
Folate, DFE	mcg_DFE	281
Vitamin B-12	mcg	0.00
Vitamin A, IU	IU	0
Vitamin A, RAE	mcg_RAE	0
Retinol	mcg	0
Fatty acids, total saturated	g	1.665
14:0	g	0.013
16:0	g	1.587
18:0	g	0.055
Fatty acids, total monounsaturated	g	1.365
16:1 undifferentiated	g	0.034
18:1 undifferentiated	g	1.332
Fatty acids, total polyunsaturated	g	6.010
18:2 undifferentiated	g	5.287
18:3 undifferentiated	g	0.723
Cholesterol	mg	0
Tryptophan	g	0.317
Threonine	g	0.968
Isoleucine	g	0.847
Leucine	g	1.571
Lysine	g	1.468
Methionine	g	0.456
Cystine	g	0.458
Phenylalanine	g	0.928
Tyrosine	g	0.704
Valine	g	1.198
Arginine	g	1.867
Histidine	g	0.643
Alanine	g	1.477
Aspartic acid	g	2.070
Glutamic acid	g	3.995
Glycine	g	1.424
Proline	g	1.231
Serine	g	1.102