

Nutrition Facts: Grains Page 1 of 2

as of: 3/17/2017 by carlanell.com

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Bread, Ezekiel Sprouted Grain Original Quantity: 1 slice, 43g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
70	0	15	4	1	3	80	0	2	0	0	0	0	0	80	2	2	0

Flour 100% Whole Wheat organic stone ground Quantity: 1 cup 120g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
520	4	104	20	0	16	0	0	4	80	0	0	0	1	486	166	4	45

Flour, almond Quantity: 1/4 cup 20g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
160	14	6	6	1	3	0	0	1	60	0	0		10	180	70	1	1

Flour, barley Quantity: 1 cup 148g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
511	2	109	14	1	15	6	0	4	47	0	0	0	1	457	142	3	114

Flour, brown rice Quantity: 1 cup 158g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
574	4	125	10	1	7	13	0	3	17	0	0	0	2	457	177	4	66

Flour, buckwheat Quantity: 1 cup 120g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
402	3	80	13	3	12	13	0	5	49	0	0	0	0	692	301	4	85

Flour, quinoa Quantity: 1 cup

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
440	7	72	16	0	8	32	0	5	40	0	0	0	4	636	236	4	0

Flour, rye 100% stone ground whole grain Quantity: 1 cup, 148g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
415	3	83	13	1	29	1	0	8	72	3	0	0	2	934	317	7	216

Oat Bran, organic Quantity: 1/4 cup 40g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
150	3	26	7	1	6	0	0	2	20	0	0	40	0	116	40	1	0

Oats, rolled, quick organic Quantity: 1/2 cup 40g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
150	3	27	5	0	4	0	0	2	0	0	0	0	0	167	69	2	43

Pasta, Capellini 100% whole wheat Quantity: 2oz 56g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
210	1	44	7	2	6	10	0	1	0	0	0	0	0	4	82	1	31

Pasta, Egg Noodles, wide 100% whole grain Quantity: 1/4 cup dry 56g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
200	3	37	8	1	5	15	65	2	20	24	0	0	0	93	22	1	22

Pasta, Rotini 100% whole wheat Quantity: 2oz 56g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
210	1	44	7	2	6	10	0	1	0	0	0	0	0	4	82	2	31

Pasta, Spaghettini 100% whole wheat Quantity: 2oz 56g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
180	2	35	7	1	6	0	0	2	20	0	0	0	0	123	82	1	31

Pasta, Spinach (cooked) Quantity: 2oz 56g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
74	1	15	3	0	0	3	19	1	10	59	0	0	0	21	14	0	17

Quinoa Quantity: 1/4 cup 46g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
172	3	31	6	3	3	1	0	2	0	0	0	0	1	318	118	2	0

Rice, brown long grain organic Quantity: 1/4 cup 45g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
170	1	37	4	0	3	0	0	1	0	0	0	0	1	103	66	1	27

Spelt, cooked Quantity: 1 cup

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
246	2	49	10	0	8	10	0	3	19	8	0	0	1	277	95	2	0

Wheat Germ, raw Quantity: 2 Tbsp 16g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
60	2	9	4	2	2	0	0	1	0	0	0	0	5	125	40	2	202

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Yeast, regular Quantity: 1oz 28g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
83	1	11	11	0	6	14	0	5	18	0	0	0	0	560	27	2	0