



Food ID: A008

Food name and Description: Job's tears grain

Scientific name: *Coix lacryma-jobi*

Alternate/Common name(s): Adlay/Tigbe butil

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	10.2
Energy, calculated (kcal)	368
Protein (g)	13.1
Total Fat (g)	2.5
Carbohydrate, total (g)	73.3
Ash, total (g)	0.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	9
Sugars, total (g)	0.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	63
Phosphorus, P (mg)	280
Iron, Fe (mg)	6.8
Sodium, Na (mg)	42

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.44
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	2.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.28
Fatty acids, monounsaturated, total (g)	0.86
Fatty acids, polyunsaturated, total(g)	0.62
Cholesterol (mg)	0