



Food ID: A009

Food name and Description: Millet, glutinous

Scientific name: *Panicum miliaceum*

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	13.6
Energy, calculated (kcal)	353
Protein (g)	10.3
Total Fat (g)	2.5
Carbohydrate, total (g)	72.3
Ash, total (g)	1.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	8
Sugars, total (g)	0.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	67
Phosphorus, P (mg)	193
Iron, Fe (mg)	2.8
Sodium, Na (mg)	5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.35
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.43
Fatty acids, monounsaturated, total (g)	0.46
Fatty acids, polyunsaturated, total(g)	1.26
Cholesterol (mg)	0