



**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