



Food ID: A024

Food name and Description: Sorghum

Scientific name: *Sorghum bicolor*

Alternate/Common name(s): Batad/Batag, butil

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	8.1
Energy, calculated (kcal)	382
Protein (g)	9.5
Total Fat (g)	3.9
Carbohydrate, total (g)	77.1
Ash, total (g)	1.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	7
Sugars, total (g)	2.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	42
Phosphorus, P (mg)	172
Iron, Fe (mg)	5
Sodium, Na (mg)	2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	15
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.28
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	4.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.69
Fatty acids, monounsaturated, total (g)	1.27
Fatty acids, polyunsaturated, total(g)	1.76
Cholesterol (mg)	0