



Food ID: A149

Food name and Description: Oats, quick-cooking

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

| | |
|---------------------------|------|
| Water (g) | 4.2 |
| Energy, calculated (kcal) | 423 |
| Protein (g) | 11.4 |
| Total Fat (g) | 9.1 |
| Carbohydrate, total (g) | 73.8 |
| Ash, total (g) | 1.5 |

Other Carbohydrate (Food Composition per 100g Edible Portion)

| | |
|--------------------------|------|
| Fiber, total dietary (g) | 10.9 |
| Sugars, total (g) | 1.1 |

Minerals (Food Composition per 100g Edible Portion)

| | |
|--------------------|-----|
| Calcium, Ca (mg) | 373 |
| Phosphorus, P (mg) | 355 |
| Iron, Fe (mg) | 3.6 |
| Sodium, Na (mg) | 6 |

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) | 0.45 |
| Riboflavin, Vitamin B2 (mg) | 0.14 |
| Niacin (mg) | 6.2 |
| Ascorbic Acid, Vitamin C (mg) | 0 |

Lipids (Food Composition per 100g Edible Portion)

| | |
|---|------|
| Fatty acids, saturated, total (g) | 1.55 |
| Fatty acids, monounsaturated, total (g) | 2.76 |
| Fatty acids, polyunsaturated, total(g) | 3.21 |
| Cholesterol (mg) | 0 |