

Grain Millers Whole Oat Groats

Total Weight:
Serving Size: 100.00 g (3.53 oz-wt.)
Serves:
Cost:

Multi-Column

Basic Components

Calories	384.00
Calories from Fat	56.70
Calories from Saturated Fat	9.99
Protein	16.00 g
Carbohydrates	67.00 g
Dietary Fiber	9.80 g
Soluble Fiber	-- g
InSoluble Fiber	-- g
Sugar - Total	-- g
Other Carbs	-- g
Fat - Total	6.30 g
Saturated Fat	1.11 g
Mono Fat	1.98 g
Poly Fat	2.30 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Vitamins	
Vitamin A IU	0 IU
Thiamin-B1	0.73 mg
Riboflavin-B2	0.14 mg
Niacin-B3	0.78 mg
Vitamin-B6	0.12 mg
Vitamin-B12	0 mcg

Biotin	-- mcg
Vitamin C	0 mg
Vit E Alpha-Tocopherol	-- mg
Folate	32.00 mcg
Vitamin K	-- mcg
Pantothenic Acid	1.25 mg

Minerals

Calcium	52.00 mg
Chloride	-- mg
Chromium	-- mcg
Copper	0.34 mg
Iodine	-- mcg
Iron	4.20 mg
Magnesium	148.00 mg
Manganese	3.63 mg
Molybdenum	-- mcg
Phosphorus	474.00 mg
Potassium	350.00 mg
Selenium	34.00 mcg
Sodium	4.00 mg
Zinc	3.07 mg

Saturated Fats

18:0-Stearic	-- g
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Amino Acids

Alanine	0.83 g
Arginine	1.13 g
Aspartate	-- g
Cystine	0.39 g
Glutamate	3.52 g
Glycine	0.80 g
Histidine	0.38 g
Isoleucine	0.66 g
Leucine	1.22 g
Lysine	0.66 g
Methionine	0.29 g
Phenylalanine	0.85 g
Proline	0.89 g
Serine	0.71 g
Threonine	0.55 g
Tryptophan	0.22 g
Tyrosine	0.54 g
Valine	0.89 g

Other

Alcohol	0 g
Caffeine	0 mg
Sugar Alcohol	-- g