

GLUTEN-FREE GRAINS NUTRITION

Nutritional values per 1 cup (cooked)

Grain Type	Calories	Protein (g)	Fiber (g)	Carbs (g)
Quinoa	222	8.1	5.2	39.4
Buckwheat (Kasha)	155	5.7	4.5	33.5
Amaranth	251	9.3	5.2	46.0
Millet	207	6.1	2.3	41.2
Sorghum	163	5.4	3.2	36.0
Brown Rice	216	5.0	3.5	44.8
Teff	255	9.8	7.1	50.0
Wild Rice	166	6.5	3.0	35.0

** Values are approximate. Ensure grains are certified gluten-free to avoid cross-contamination.*