

# HEALTHY WHEATLESS GRAINS COMPARISON

Reference Template / Nutritional Profile

GRAIN	PROTEIN / CUP	KEY NUTRIENT	BEST USE	COOK TIME
Quinoa	8g	Complete Protein	Salads, Bowls	15 mins
Buckwheat	6g	Rutin (Flavonoid)	Porridge, Noodles	20 mins
Millet	6g	Magnesium	Sides, Soups	20 mins
Amaranth	9g	Lysine & Manganese	Hot Cereal	25 mins
Sorghum	5g	Antioxidants	Popped, Flour	45 mins
Teff	7g	Calcium & Iron	Baking, Polenta	20 mins
Wild Rice	6.5g	Fiber & B6	Pilafs	45 mins

## Storage Tips

- Store dry grains in airtight glass jars.
- Keep in a cool, dark pantry for 6-12 months.

- Freeze whole grain flours to prevent rancidity.

### **Preparation Note**

Always rinse grains under cold water before cooking to remove saponins or debris. For enhanced flavor, toast dry grains in a pan for 2-3 minutes before adding liquid.