

# KAMUT®

BRAND KHORASAN WHEAT

## COMPLETE NUTRITIONAL ANALYSIS

<b>NUTRIENT</b>	<b>UNIT</b>	<b>100 g</b>	<b>1/4 cup</b>
HUMIDITY	g/100 g	10.49	4.88
PROTEIN (N x 6,25)	g/100 g	14.64	6.81
CARBOHYDRATES	g/100 g	60.02	27.9
ASHES	g/100 g	1.60	74
ALIMENTARY FIBERS	g/100 g	11.3	5.25
ENERGETIC VALUE	kcal/100g	329	152.99
ENERGETIC VALUE	kJoule/100g	1,403	652.39
FAT	g/100 g	1.99	0.93
STARCH	g/100 g	57.5	26.74
<b>SUGAR COMPOSITION</b>			
Glucose	g/100 g	0.22	0.1
Galactose	g/100 g	< 0.01	< 0.00
Fructose	g/100 g	0.10	0.0465
Lactose	g/100 g	0.67	0.31
Sucrose	g/100 g	0.53	0.25
Maltose	g/100 g	0.62	0.29
Maltotriose	g/100 g	0.05	0.02
<b>AMINO ACID COMPOSITION</b>			
TRYPTOPHAN	g/100 g	0.09	0.04
CYSTINE	g/100 g	0.32	0.15
METHIONINE	g/100 g	0.26	0.12
ASPARTIC ACID	g/100 g	0.86	0.4
THREONINE	g/100 g	0.44	0.2
SERINE	g/100 g	0.82	0.38
GLUTAMIC ACID	g/100 g	4.66	2.17
PROLINE	g/100 g	1.44	0.67
GLYCINE	g/100 g	0.55	0.26
ALANINE	g/100 g	0.55	0.26
VALINE	g/100 g	0.61	0.28
ISOLEUCINE	g/100 g	0.59	0.27
LEUCINE	g/100 g	1.11	0.51
TYROSINE	g/100 g	0.38	0.18
PHENYLALANINE	g/100 g	0.93	0.43
LYSINE	g/100 g	0.51	0.24
HISTIDINE	g/100 g	0.51	0.24

ARGININE	g/100 g	0.72	0.33
<b>FATTY ACID COMPOSITION</b>			
MYRISTIC ACID (C 14:0)	%	0.15	0.07
MYRISTOLEIC ACID (C 14:1)	%	< 0.01	< 0.00
PENTADECANOIC ACID (C 15:0)	%	0.12	0.06
PENTADECENOIC ACID (C 15:1)	%	< 0.01	< 0.00
PALMITIC ACID (C 16:0)	%	19.57	9.1
PALMITOLEIC ACID (C 16:1)	%	0.45	0.21
HEPTADECANOIC ACID (C 17:0)	%	0.18	0.08
HEPTADECENOIC ACID (C 17:1)	%	0.08	0.04
STEARIC ACID (C 18:0)	%	1.17	0.544
OLEIC ACID (C 18:1)	%	18.29	8.5
LINOLEIC ACID (C 18:2)	%	55.16	25.65
LINOLENIC ACID (C 18:3)	%	3.97	1.85
ARACHIC ACID (C 20:0)	%	0.31	0.14
EICOSENOIC ACID (C 20:1)	%	0.95	0.44
BEHENIC ACID (C 22:0)	%	0.23	0.11
ERUCIC ACID (C 22:1)	%	< 0.01	< 0.00
LIGNOCERIC ACID (C 24:0)	%	0.22	0.1
SATURATED FATTY ACID	%	21.51	10
MONOUNSATURATED FATTY ACID	%	19.33	8.99
POLYUNSATURATED FATTY ACID	%	59.16	27.51
<b>PHOSPHOLIPIDS</b>			
Phosphatidylinositol	mg/kg (ppm)	< 100	< 46.5
Phosphatidylserine	mg/kg (ppm)	65	30.22
Phosphatidylethanolamine	mg/kg (ppm)	228	106.02
Phosphatidylcholine	mg/kg (ppm)	715	332.48
<b>VITAMINS</b>			
FOLIC ACID	mg/kg (ppm)	0.35	0.16
VITAMIN A	mg/kg (ppm)	0.80	0.37
VITAMIN B1	mg/kg (ppm)	3.94	1.83
VITAMIN B2	mg/kg (ppm)	0.82	0.38
VITAMIN B6	mg/kg (ppm)	1.10	0.51
VITAMIN C	mg/kg (ppm)	< 1	< 0.47
VITAMIN E	mg/kg (ppm)	8.03	3.73
VITAMIN H	mg/kg (ppm)	0.06	0.03
VITAMIN K3	mg/kg (ppm)	< 0.1	< 0.05
VITAMIN PP	mg/kg (ppm)	65	30.23
<b>CAROTENOID</b>			
Capsorubin	mg/kg (ppm)	< 0.1	< 0.05
Astaxanthin	mg/kg (ppm)	< 0.1	< 0.05
Capsanthin	mg/kg (ppm)	< 0.1	< 0.05
Lutein	mg/kg (ppm)	2.30	

Zeaxanthin	mg/kg (ppm)	0.30	
Cantaxanthin	mg/kg (ppm)	< 0.1	< 0.05
Beta-Apo-8'-Carotenal (e160e)	mg/kg (ppm)	< 0.1	< 0.05
Citranaxanthin	mg/kg (ppm)	< 0.1	< 0.05
Beta-apo-8'-carotenic acid –ethyl ester (e 160 f)	mg/kg (ppm)	< 0.1	< 0.05
Beta-Cryptoxanthin	mg/kg (ppm)	< 0.1	< 0.05
13-cis-beta-Carotene	mg/kg (ppm)	< 0.1	< 0.05
All-trans-alpha-Carotene	mg/kg (ppm)	< 0.1	< 0.05
All-trans-beta-Carotene	mg/kg (ppm)	< 0.1	< 0.05
9-cis-beta-Carotene	mg/kg (ppm)	< 0.1	< 0.05
Lycopene	mg/kg (ppm)	< 0.1	< 0.05
<b>MINERALS</b>			
SILICON	mg/kg (ppm)	826	384.09
IODINE TOTAL	mg/kg (ppm)	0.06	0.03
ZINC	mg/kg (ppm)	30.9	14.37
BORON	mg/kg (ppm)	1.57	0.73
CALCIUM	mg/kg (ppm)	202	93.93
COBALT	mg/kg (ppm)	0.02	0.01
IRON	mg/kg (ppm)	37.3	36.84
PHOSPHORUS	mg/kg (ppm)	3,092	1437.78
MAGNESIUM	mg/kg (ppm)	1,377	640.31
MANGANESE	mg/kg (ppm)	32.1	14.93
MOLYBDENUM	mg/kg (ppm)	0.58	0.27
NICKEL	mg/kg (ppm)	0.33	0.15
POTASSIUM	mg/kg (ppm)	4,145	1927.43
SELENIUM	mg/kg (ppm)	1.77	0.82
SODIUM	mg/kg (ppm)	52.7	24.51
COPPER	mg/kg (ppm)	4.8	2.23

\*\* These are average values for the entire KAMUT® khorasan wheat crop over multiple years and are intended to be a guide for the general nutritional values that can be expected. Please reference product packaging for the most current and accurate nutritional information.

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