

## Canaryseed (*Phalaris canariensis*) Nutrient Composition of Canaryseed Groats

Hairless (glabrous) Varieties

**Energy (cal) (per 100g)**

399

**Energy (KJ) (per 100g)**

1670

Macronutrients	%, dry basis
Ash	2.6
Carbohydrate	68.7
Starch	57.6
Oil Content	6.7
Protein (Nx 5.7)	21.3
Fibre	%, dry basis
Soluble Fibre	0.6
Insoluble Fibre	5.6
Total Dietary Fibre	6.2
Fatty Acid Composition	as % total lipids
Myristic (C14)	0.16
Palmitic (C16)	11.38
Hexadecenoic (C16:1)	0.14
Margaric (C17)	0.04
Stearic (C18)	1.22
N-9 Oleic (C18:1)	29.10
Octadecenoic (C18:1)	0.71
Linoleic (C18:2)	53.39
n-3 alpha-Linolenic (C18:3)	2.42
Arachidic (C20)	0.11
Eicosenoic (C20:1)	0.95
Behenic (C22)	0.04
n9 Erucic (C22.10)	0.11
Lignoceric (C24)	0.05
Total Saturates	13.03
Total Monounsaturates	31.06
Total Polyunsaturates	55.88
Total Omega 3	2.41
Total Omega 6	53.39
Total Omega 9	30.21

Vitamins	mg/100g
Niacin	1.1
Thiamine	0.79
Riboflavin	0.12
Folate	0.1
Minerals	mg/100g
Calcium	32
Iron	6.6
Magnesium	216
Phosphorous	664
Potassium	400
Sodium	0.8
Zinc	3.7
Copper	0.7
Manganese	6.1
Selenium	0.1
Amino Acid Composition	g AA/100g protein
Alanine	4.5
Arginine	6.4
Aspartic	4.4
Cystine	2.5
Glutamic	26
Glycine	3.1
Histidine	1.6
Isoleucine	3.9
Leucine	7.6
Lysine	2.6
Methionine	1.9
Phenylalanine	6.5
Proline	6.2
Serine	4.5
Threonine	2.7
Tryptophan	2.8
Tyrosine	3.6
Valine	4.8