

GRAINS/ GRANOSNutritious information of cooked grains / Información nutritiva de granos ya cocidos

amaranth amaranta	1/4 taza 200 calories 7 g protein 3.2 g fat	1/2 taza 400 calories 14 g protein 7 g fat	
corn maíz			1 taza 177 calories 5 g protein 2 g fat
millet millo		1/2 taza 200 calories 6 g protein 2.4 g fat	
oats avena		1/2 taza 75 calories 3 g protein 1 g fat	1 taza 150 calories 6 g protein 2.3 g fat
quinoa quinoa		1/2 taza 150 calories 6 g protein 2.5 g fat	
rice arroz		1/2 taza 100 calories 2-3 g protein 1 g fat	1 taza 200 calories 4-5 g protein 1-2 g fat
wheat trigo		1/2 taza 75 calories, 3 g protein, 0 fat	1 taza 150 calories, 6 g protein, <1/2 g fat
taza = cup	fat = grasa;	calories = calorías	protein = proteína

Most commercially sold quinoa has been processed to remove the bitter resinous saponin coating which makes the plant unpopular with birds and insects.