

PRODUCT NUTRITION
VITAL WHEAT GLUTEN
100g

Nutrient	Units	Value per 100 grams
Proximates		
Water	g	8.20
Energy	kcal	370
Energy	kJ	1548
Protein	g	75.16
Total lipid (fat)	g	1.85
Ash	g	1.00
Carbohydrate, by difference	g	13.79
Fiber, total dietary	g	0.6
Sugars, total	g	0.00
Minerals		
Calcium, Ca	mg	142
Iron, Fe	mg	5.20
Magnesium, Mg	mg	25
Phosphorus, P	mg	260
Potassium, K	mg	100
Sodium, Na	mg	29
Zinc, Zn	mg	0.85
Copper, Cu	mg	0.182
Selenium, Se	mcg	39.7

Vitamins		
Vitamin C, total ascorbic acid	mg	0.0
Thiamin	mg	0.000
Riboflavin	mg	0.000
Niacin	mg	0.000
Pantothenic acid	mg	0.000
Vitamin B-6	mg	0.000
Folate, total	mcg	0
Folic acid	mcg	0
Folate, food	mcg	0
Folate, DFE	mcg_DFE	0
Vitamin B-12	mcg	0.00
Vitamin B-12, added	mcg	0.00
Vitamin A, RAE	mcg_RAE	0
Retinol	mcg	0
Carotene, beta	mcg	0
Carotene, alpha	mcg	0
Cryptoxanthin, beta	mcg	0
Vitamin A, IU	IU	0
Lycopene	mcg	0
Lutein + zeaxanthin	mcg	0
Vitamin E (alpha-tocopherol)	mg	0.00
Vitamin E, added	mg	0.00
Vitamin D (D2 + D3)	mcg	0.0
Vitamin D	IU	0
Vitamin K (phylloquinone)	mcg	0.0
Lipids		
Fatty acids, total saturated	g	0.272
4:0	g	0.000

6:0	g	0.000
8:0	g	0.000
10:0	g	0.000
12:0	g	0.000
14:0	g	0.001
16:0	g	0.243
18:0	g	0.011
Fatty acids, total monounsaturated	g	0.156
16:1 undifferentiated	g	0.006
18:1 undifferentiated	g	0.150
20:1	g	0.000
22:1 undifferentiated	g	0.000
Fatty acids, total polyunsaturated	g	0.810
18:2 undifferentiated	g	0.763
18:3 undifferentiated	g	0.048
18:4	g	0.000
20:4 undifferentiated	g	0.000
20:5 n-3 (EPA)	g	0.000
22:5 n-3 (DPA)	g	0.000
22:6 n-3 (DHA)	g	0.000
Cholesterol	mg	0
Other		
Alcohol, ethyl	g	0.0
Caffeine	mg	0
Theobromine	mg	0

Data Source:

U.S. Department of Agricultural, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23.