

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

Hairless (glabrous) Varieties

Energy (cal) (per 100g)

399

Energy (KJ) (per 100g)

1670

Macronutrients	g/100g
Ash	2.16
Carbohydrate	60.93
Starch	50.92
Moisture and Volatiles	9.65
Oil Content	5.59
Protein (Nx 6.25)	21.67
Fibre	g/100g
Soluble Fibre	0.31
Insoluble Fibre	7.31
Total Dietary Fibre	7.62
Soluble Sugars	g/100g
Arabinose	0.04
Fructose	0.07
Glucose	0.15
Maltose	not detected
Sucrose	0.56
Total Sugars	0.82
Fatty Acid Composition	g/100g (as %total oil)
Myristic(C14)	0.01 (0.18)
Palmitic(C16)	0.66 (11.95)
Hexadecenoic (C16:1)	0.01 (0.16)
Margaric(C17)	0.002 (0.05)
Stearic(C18)	0.07 (1.29)
N-9 Oleic(C18:1)	1.72 (30.93)
Octadecenoic (C18:1)	0.04 (0.71)
Linoleic (C18:2)	2.85 (51.07)
n-3 alpha-Linolenic (C18:3)	0.12 (2.21)
Arachidic (C20)	0.007 (0.13)
Eicosenoic (C20:1)	0.05 (0.97)
n6 Eicosadienoic (C20:2)	0.002 (0.03)
Behenic (C22)	0.003 (0.05)
n9 Erucic (C22:1)	0.01 (0.11)
Lignoceric (C24)	0.003 (0.05)
n9 Nervonic (C24:1)	0.003 (0.05)
Others	0.005 (0.09)
Total Saturates	0.76 (13.7)
Total Monounsaturates	1.84 (32.92)
Total Polyunsaturates	3.09 (55.31)
Total Omega 3	0.12 (2.21)
Total Omega 6	2.86 (51.1)
Total Omega 9	1.79 (32.09)

Tocopherols and Sterols	mg/100g
Delta tocopherol	0.51
Alpha-tocopherol	1.98
Campesterol	181.00
Stigmasterol	17.03
Beta-sitosterol	326.00
Other Sterols	237.00
Vitamins	mg/100g
Niacin (mg/100g)	1.2
Vitamin B1.HCl (mg/100g)	0.65
Vitamin B2 (mg/100g)	0.09
Vitamin B6 (mg/100g)	0.16
Minerals	mg/100g
Calcium (mg/100g)	29
Iron (mg/100g)	7.4
Magnesium (mg/100g)	196
Phosphorous (mg/100g)	583
Potassium (mg/100g)	363
Sodium (mg/100g)	0.8
Zinc (mg/100g)	3.3
Copper (mg/100g)	0.7
Manganese (mg/100g)	5.1
Selenium (mg/100g)	0.2
Amino Acid Composition	g/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