

## 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            |