

Munbat Type	Energy (cals)	Protein (g)	Total Carbs (g)	Sugars (g)	Fibers (g)	Total Fats (g)	Sat. Fats (g)	Trans Fats (g)	Cholesterol (g)	Sodium (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Magnesium (mg)	Zinc (mg)
Quinoa	203	6.82	40.78	2.4	5.9	4.05	0.56	Under 0.5	Under 2.5	103	21	1.96	264	87	1.35
Buckwheat	194	7.37	41.21	0	4.4	1.97	0.47	Under 0.5	Under 2.5	100	10.7	1.15	194	93.1	0.66
Quinoa-Buckwheat-Beetroot	164	5.86	33.78	2.6	4.1	2.4	0.39	Under 0.5	Under 2.5	111	11.7	1.32	201	73.7	0.815
Quinoa-Buckwheat-Sweet potato	159	5.46	31.45	3.8	2.48	2.35	0.4	Under 0.5	Under 2.5	103	18.2	1.53	172	75.2	0.974
Red lentils-Millet	203	14.43	38.8	0.6	4.8	1.05	0.27	Under 0.5	Under 2.5	150	45.4	2.16	282	36.9	1.3
Red lentils-Beetroot	145	11.64	28.56	1.2	5.5	0.68	0.19	Under 0.5	Under 2.5	165	22.9	3	465	47.3	1.79
Green lentils-Mung bean-Millet	146	10.16	30.34	0.7	5.6	0.76	0.25	Under 0.5	Under 2.5	109	27.1	2.96	347	46.9	1.17
Green lentils	154	10.25	34.14	0.8	7.8	0.85	0.19	Under 0.5	Under 2.5	142	40.2	3.72	543	53.1	2.26
Mung bean	149	11.74	30.85	0	7.2	0.86	0.36	Under 0.5	Under 2.5	135	39.5	2.3	530	59.6	1.14
Yellow lentils-Millet	179	12.33	34.42	0	4.4	1.02	0.27	Under 0.5	Under 2.5	125	10.4	1.83	261	29.4	1.19
Yellow lentils-Sweet potato	152	11.23	30.35	2.3	5.58	0.92	0.23	Under 0.5	Under 2.5	133	17.9	2.48	390	32.1	1.33
Buckwheat-Banana-Red lentils Carrot	150	7.68	31.11	2.4	3.9	1.19	0.32	Under 0.5	Under 2.5	98	15.2	1.89	221	66	0.967
Buckwheat-Figs-Pumpkin	157	5.31	33.15	1.1	3.01	1.69	0.44	Under 0.5	Under 2.5	154	27.3	1.02	222	80.1	0.48
Buckwheat-Medjool dates-Apple	158	4.4	36.97	10.2	4.1	1.04	0.25	Under 0.5	Under 2.5	87	15.3	0.8	230	66.9	0.513
Quinoa-Medjool dates-Apple	161	4.33	37.73	11.5	4.2	1.01	0.24	Under 0.5	Under 2.5	95	18.3	0.815	234	66.3	0.51

Nutritional value per 100 grams