

Nutritional value of different Millets in comparison to other common grains /100g
 (Note- Protein in gm, carbohydrates in %, and fiber in gms, Iron, and calcium in mg)

GRAIN	CALORIES	PROTEIN	CARBOHYDRATE	FIBER	IRON	CALCIUM
Sorghum	350	10	70	4	2.6	54
Pearl Millet	360	12	65-70	1.3	8	42
Finger Millet	378	8	65-70	3.6	3.9	344
Foxtail Millet	280	12	60-70	8	2.8	31
Proso Millet	370	12.5	60-70	2.2	0.8	14
Kodo Millet	350	8	60-70	9	2.6	27
Quinoa	400	14	65	7	4.5	47
White Rice	130	2.4	80-85	0.6	0.7	10
Wheat	340	12	80-85	1.5	5.3	41