



Here's a glimpse of how quinoa stacks up against other grains. I used 1/4 cup of uncooked grain or pasta for comparisons.

Quinoa Nutritional Comparison

	Calories	Fat	Fiber	Protein	Carbs
Quinoa	180	3.5g	1.1g	7g	29g
White Rice	171	.3g	1.3g	3.1g	39g
Plain Pasta	97	.4g	.84g	3.4g	20g
Brown Rice	171	1.4g	1.6g	3.7g	36g
Cous Cous	163	.28g	2.2g	5.5g	33.5g
Millet	189	2.1g	4.2g	5.5g	36.4g