

Sorghum Nutrition Facts



A half cup of raw sorghum grains (96g) provides 316 calories, 69 grams of carbohydrates, 7.5 grams of fiber, 10 grams of protein, 3 grams of fat, and 2.5 grams of sugars. Sorghum is rich in B vitamins, magnesium, potassium, phosphorus, iron, and zinc. It's also an excellent source of fiber, antioxidants, and protein.

- Calories: 316
- Fat: 3g
- Carbohydrate: 69g
- Fiber: 7.5g
- Sugars: 2.5g
- Protein: 10g

Sorghum Health Benefits

May Reduce Inflammation

The antioxidants in sorghum can help fight cell damage, which reduces inflammation. Consuming sorghum can decrease markers of inflammation.



Gluten-free Grain

Because sorghum is gluten-free, it is suitable for people with celiac disease and non-celiac gluten sensitivity. Sorghum allows people with these conditions to still eat grains and get the fiber and nutrients they contain.



May Help Regulate Blood Pressure

Whole grain sorghum helps to increase potassium intake and lower sodium intake, which may help regulate blood pressure.



Fits in a Low Sodium Diet

Sorghum contains just 2 milligrams of sodium, which makes it an excellent choice for people on a low-sodium diet.

