

Grains and Pasta 100 grams Serving	Cystine	Methionine	Calories
Cooked Brown Rice (Rice Brown Medium-Grain Cooked)	28mg	52mg	112
Brown Rice (Rice Brown Long-Grain Cooked)	31mg	58mg	123
Rice Noodles (Cooked)	32mg	43mg	108
Cooked Pearled Barley (Barley Pearled Cooked)	50mg	43mg	123
Gluten Free Corn Noodles (Cooked)(Pasta Gluten-Free Corn Cooked)	47mg	55mg	126
Medium Grain White Rice (Rice White Medium-Grain Enriched Cooked)	49mg	56mg	130
Yellow Cornmeal (Grits)(Cereals Corn Grits Yellow Regular And Quick Enriched Cooked With Water Without Salt)	26mg	30mg	65
Uncooked Whole-Grain Cornmeal (Cornmeal Whole-Grain White)	146mg	170mg	362
Uncooked Yellow Cornmeal (Cornmeal Whole-Grain Yellow)	146mg	170mg	362
Cooked White Rice (Rice White Long-Grain Regular Enriched Cooked)	55mg	63mg	130
Whole Grain Sorghum Flour (Sorghum Flour Whole-Grain)	165mg	145mg	359
Canned Hominy (Hominy Canned White)	33mg	31mg	72
Cooked Millet (Millet Cooked)	67mg	70mg	119
Roasted Buckwheat Groats (Buckwheat Groats Roasted Cooked)	58mg	44mg	92
Quinoa Cooked	63mg	96mg	120
Buckwheat (Uncooked)(Buckwheat)	229mg	172mg	343
Cooked Pasta (Unenriched)(Pasta Cooked Unenriched Without Added Salt)	113mg	65mg	158
Cooked Wild Rice (Wild Rice Cooked)	47mg	119mg	101
Egg Noodles (Cooked)(Noodles Egg Enriched Cooked)	96mg	86mg	138
Cooked Japanese Somen (Noodles Japanese Somen Cooked)	113mg	62mg	131
Cooked Bulgur (Bulgur Cooked)	71mg	48mg	83
Whole Wheat Pasta (Pasta Whole-Wheat Cooked)	125mg	97mg	149
Cooked Couscous (Couscous Cooked)	107mg	59mg	112
Cooked Teff (Teff Cooked)	69mg	125mg	101
Kamut Cooked(Wheat Kamut Khorasan Cooked)	120mg	97mg	132
Japanese Soba Noodles (Buckwheat)(Noodles Japanese Soba Cooked)	94mg	172mg	99