

Fuente: Villacrés Elena

Aminoácido	Amaranto	Quinua	Tarwi	Esenciales
Acido Aspártico	72.3	85.0	117.9	
Treonina	30.9	36.7	31.6	XXX
Serina	54.4	41.8	52.1	
Ac. Glutámico	164.9	154.2	280.7	
Prolina	33.4	33.1	36.5	
Glicina	77.8	59.1	45.5	
Alanina	32.7	46.8	35.7	
Cistina	7.4	5.8	4.9	
Valina	34.6	46.1	38.3	XXX
Metionina	12.4	10.8	4.1	XXX
Isoleucina	31.5	37.5	46.7	XXX
Leucina	48.8	62.0	70.6	XXX
Tirosina	32.7	31.7	37.0	
Fenilalanina	36.4	41.1	37.0	XXX
Histidina	24.1	28.1	27.2	XXX
Lisina	49.4	53.3	46.0	XXX
Arginina	78.4	57.6	78.1	XXX