

**Basic Report 20061, Rice flour, white**

Report Date: March 06, 2015 20:39 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 158g
<b>Proximates</b>			
Water	g	11.89	18.79
Energy	kcal	366	578
Protein	g	5.95	9.40
Total lipid (fat)	g	1.42	2.24
Carbohydrate, by difference	g	80.13	126.61
Fiber, total dietary	g	2.4	3.8
Sugars, total	g	0.12	0.19
<b>Minerals</b>			
Calcium, Ca	mg	10	16
Iron, Fe	mg	0.35	0.55
Magnesium, Mg	mg	35	55
Phosphorus, P	mg	98	155
Potassium, K	mg	76	120
Sodium, Na	mg	0	0
Zinc, Zn	mg	0.80	1.26
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.138	0.218
Riboflavin	mg	0.021	0.033
Niacin	mg	2.590	4.092
Vitamin B-6	mg	0.436	0.689
Folate, DFE	µg	4	6
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.11	0.17

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.386	0.610
Fatty acids, total monounsaturated	g	0.442	0.698
Fatty acids, total polyunsaturated	g	0.379	0.599
Cholesterol	mg	0	0
<b>Other</b>			
Caffeine	mg	0	0