

**Basic Report 32021, Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)**

Report Date: March 06, 2015 04:02 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 198g
<b>Proximates</b>			
Water	g	70.26	139.11
Energy	kcal	125	248
Protein	g	3.27	6.47
Total lipid (fat)	g	2.38	4.71
Carbohydrate, by difference	g	22.74	45.03
Fiber, total dietary	g	1.5	3.0
Sugars, total	g	1.79	3.54
<b>Minerals</b>			
Calcium, Ca	mg	18	36
Iron, Fe	mg	1.02	2.02
Magnesium, Mg	mg	13	26
Phosphorus, P	mg	45	89
Potassium, K	mg	185	366
Sodium, Na	mg	349	691
Zinc, Zn	mg	0.30	0.59
<b>Vitamins</b>			
Thiamin	mg	0.287	0.568
Riboflavin	mg	0.135	0.267
Niacin	mg	2.447	4.845
Vitamin B-6	mg	0.096	0.190
Vitamin A, RAE	µg	10	20
Vitamin A, IU	IU	208	412
Vitamin E (alpha-tocopherol)	mg	0.67	1.33
Vitamin K (phylloquinone)	µg	2.9	5.7
<b>Lipids</b>			
Fatty acids, total saturated	g	0.387	0.766

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 198g</b>
Fatty acids, total monounsaturated	g	0.834	1.651
Fatty acids, total polyunsaturated	g	0.867	1.717
Fatty acids, total trans	g	0.104	0.206