

Full Report (All Nutrients) 08101, Cereals, CREAM OF RICE, cooked with water, without salt

Report Date: September 23, 2017 21:26 EDT

Nutrient values and weights are for edible portion.

Food Group : Breakfast Cereals

Carbohydrate Factor: 4.16 Fat Factor: 8.37 Protein Factor:3.82 Nitrogen to Protein Conversion Factor:5.95

Manufacturer B&G Foods, Inc

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 tbsp 15g	0.75 cup 183g
Proximates							
Water	g	87.50	--	--	213.50	13.12	160.12
Energy	kcal	52	--	--	127	8	95
Energy	kJ	218	--	--	532	33	399
Protein	g	0.90	--	--	2.20	0.14	1.65
Total lipid (fat)	g	0.10	--	--	0.24	0.01	0.18
Ash	g	0.10	--	--	0.24	0.01	0.18
Carbohydrate, by difference	g	11.40	--	--	27.82	1.71	20.86
Fiber, total dietary	g	0.1	--	--	0.2	0.0	0.2
Sugars, total	g	0.04	--	--	0.10	0.01	0.07
Minerals							
Calcium, Ca	mg	1	--	--	2	0	2
Iron, Fe	mg	3.96	--	--	9.66	0.59	7.25
Magnesium, Mg	mg	3	--	--	7	0	5
Phosphorus, P	mg	17	--	--	41	3	31
Potassium, K	mg	20	--	--	49	3	37
Sodium, Na	mg	1	--	--	2	0	2
Zinc, Zn	mg	0.16	--	--	0.39	0.02	0.29
Copper, Cu	mg	0.034	--	--	0.083	0.005	0.062
Manganese, Mn	mg	0.144	--	--	0.351	0.022	0.264
Selenium, Se	µg	3.0	--	--	7.3	0.5	5.5
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 tbsp 15g	0.75 cup 183g
Thiamin	mg	0.071	--	--	0.173	0.011	0.130
Riboflavin	mg	0.018	--	--	0.044	0.003	0.033
Niacin	mg	1.039	--	--	2.535	0.156	1.901
Pantothenic acid	mg	0.076	--	--	0.185	0.011	0.139
Vitamin B-6	mg	0.027	--	--	0.066	0.004	0.049
Folate, total	µg	3	--	--	7	0	5
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	3	--	--	7	0	5
Folate, DFE	µg	3	--	--	7	0	5
Choline, total	mg	0.8	--	--	2.0	0.1	1.5
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	0	--	--	0	0	0
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	0.05	0.00	0.04
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0	0.0
Lipids							
Fatty acids, total saturated	g	0.027	--	--	0.066	0.004	0.049
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.001	--	--	0.002	0.000	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 tbsp 15g	0.75 cup 183g
16:0	g	0.025	--	--	0.061	0.004	0.046
18:0	g	0.002	--	--	0.005	0.000	0.004
Fatty acids, total monounsaturated	g	0.031	--	--	0.076	0.005	0.057
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.031	--	--	0.076	0.005	0.057
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.027	--	--	0.066	0.004	0.049
18:2 undifferentiated	g	0.022	--	--	0.054	0.003	0.040
18:3 undifferentiated	g	0.005	--	--	0.012	0.001	0.009
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Tryptophan	g	0.013	--	--	0.032	0.002	0.024
Threonine	g	0.044	--	--	0.107	0.007	0.081
Isoleucine	g	0.015	--	--	0.037	0.002	0.027
Leucine	g	0.073	--	--	0.178	0.011	0.134
Lysine	g	0.037	--	--	0.090	0.006	0.068
Methionine	g	0.026	--	--	0.063	0.004	0.048
Cystine	g	0.015	--	--	0.037	0.002	0.027
Phenylalanine	g	0.037	--	--	0.090	0.006	0.068
Tyrosine	g	0.049	--	--	0.120	0.007	0.090
Valine	g	0.057	--	--	0.139	0.009	0.104
Arginine	g	0.072	--	--	0.176	0.011	0.132
Histidine	g	0.026	--	--	0.063	0.004	0.048
Alanine	g	0.036	--	--	0.088	0.005	0.066
Aspartic acid	g	0.080	--	--	0.195	0.012	0.146
Glutamic acid	g	0.140	--	--	0.342	0.021	0.256
Glycine	g	0.050	--	--	0.122	0.007	0.091

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 tbsp 15g	0.75 cup 183g
Proline	g	0.037	--	--	0.090	0.006	0.068
Serine	g	0.040	--	--	0.098	0.006	0.073
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0