

Basic Report 20037, Rice, brown, long-grain, cooked (Includes foods for USDA's Food Distribution Program)

Report Date: September 21, 2019 18:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 202g
Proximates			
Water	g	70.27	141.95
Energy	kcal	123	248
Protein	g	2.74	5.53
Total lipid (fat)	g	0.97	1.96
Carbohydrate, by difference	g	25.58	51.67
Fiber, total dietary	g	1.6	3.2
Sugars, total	g	0.24	0.48
Minerals			
Calcium, Ca	mg	3	6
Iron, Fe	mg	0.56	1.13
Magnesium, Mg	mg	39	79
Phosphorus, P	mg	103	208
Potassium, K	mg	86	174
Sodium, Na	mg	4	8
Zinc, Zn	mg	0.71	1.43
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.178	0.360
Riboflavin	mg	0.069	0.139
Niacin	mg	2.561	5.173
Vitamin B-6	mg	0.123	0.248
Folate, DFE	µg	9	18
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	0.17	0.34

Nutrient	Unit	1 Value Per100 g	1 cup 202g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.2	0.4
Lipids			
Fatty acids, total saturated	g	0.260	0.525
Fatty acids, total monounsaturated	g	0.369	0.745
Fatty acids, total polyunsaturated	g	0.366	0.739
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0