

**Basic Report 20041, Rice, brown, medium-grain, cooked (Includes foods for USDA's Food Distribution Program)**

Report Date: September 22, 2019 23:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 195g
<b>Proximates</b>			
Water	g	72.96	142.27
Energy	kcal	112	218
Protein	g	2.32	4.52
Total lipid (fat)	g	0.83	1.62
Carbohydrate, by difference	g	23.51	45.84
Fiber, total dietary	g	1.8	3.5
<b>Minerals</b>			
Calcium, Ca	mg	10	20
Iron, Fe	mg	0.53	1.03
Magnesium, Mg	mg	44	86
Phosphorus, P	mg	77	150
Potassium, K	mg	79	154
Sodium, Na	mg	1	2
Zinc, Zn	mg	0.62	1.21
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.102	0.199
Riboflavin	mg	0.012	0.023
Niacin	mg	1.330	2.594
Vitamin B-6	mg	0.149	0.291
Folate, DFE	µg	4	8
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 195g</b>
<b>Lipids</b>			
Fatty acids, total saturated	g	0.165	0.322
Fatty acids, total monounsaturated	g	0.300	0.585
Fatty acids, total polyunsaturated	g	0.296	0.577
Cholesterol	mg	0	0

**Amino Acids**

**Other**