

Basic Report 20055, Rice, white, glutinous, unenriched, cooked

Report Date: July 15, 2019 20:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup 87g
Proximates			
Water	g	76.63	66.67
Energy	kcal	97	84
Protein	g	2.02	1.76
Total lipid (fat)	g	0.19	0.17
Carbohydrate, by difference	g	21.09	18.35
Fiber, total dietary	g	1.0	0.9
Sugars, total	g	0.05	0.04
Minerals			
Calcium, Ca	mg	2	2
Iron, Fe	mg	0.14	0.12
Magnesium, Mg	mg	5	4
Phosphorus, P	mg	8	7
Potassium, K	mg	10	9
Sodium, Na	mg	5	4
Zinc, Zn	mg	0.41	0.36
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.020	0.017
Riboflavin	mg	0.013	0.011
Niacin	mg	0.290	0.252
Vitamin B-6	mg	0.026	0.023
Folate, DFE	µg	1	1
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	0.04	0.03

Nutrient	Unit	1 Value Per100 g	0.5 cup 87g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	0.039	0.034
Fatty acids, total monounsaturated	g	0.070	0.061
Fatty acids, total polyunsaturated	g	0.069	0.060
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0