

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

Report Date: June 20, 2019 19:24 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup 195g |
|--------------------------------|------|------------------------|---------------|
| Proximates | | | |
| 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 |
| Minerals | | | |
| 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 |
| Vitamins | | | |
| 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 |

| Nutrient | Unit | 1 Value Per100 g | 1 cup 195g |
|------------------------------------|-------------|---------------------------------|-----------------------|
| Lipids | | | |
| 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