

Basic Report 20045, Rice, white, long-grain, regular, enriched, cooked

Report Date: January 24, 2019 03:36 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 158g
Proximates			
Water	g	68.44	108.14
Energy	kcal	130	205
Protein	g	2.69	4.25
Total lipid (fat)	g	0.28	0.44
Carbohydrate, by difference	g	28.17	44.51
Fiber, total dietary	g	0.4	0.6
Sugars, total	g	0.05	0.08
Minerals			
Calcium, Ca	mg	10	16
Iron, Fe	mg	1.20	1.90
Magnesium, Mg	mg	12	19
Phosphorus, P	mg	43	68
Potassium, K	mg	35	55
Sodium, Na	mg	1	2
Zinc, Zn	mg	0.49	0.77
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.163	0.258
Riboflavin	mg	0.013	0.021
Niacin	mg	1.476	2.332
Vitamin B-6	mg	0.093	0.147
Folate, DFE	µg	97	153
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	0.06

Nutrient	Unit	1 Value Per100 g	1 cup 158g
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	0.077	0.122
Fatty acids, total monounsaturated	g	0.088	0.139
Fatty acids, total polyunsaturated	g	0.076	0.120
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0