

**Basic Report 20058, Rice, white, steamed, Chinese restaurant [a](#)**

**Report Date: July 21, 2019 16:17 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, loosely packed 132g
<b>Proximates</b>			
Water	g	62.50	82.50
Energy	kcal	151	199
Protein	g	3.20	4.22
Total lipid (fat)	g	0.27	0.36
Carbohydrate, by difference	g	33.88	44.72
Fiber, total dietary	g	0.9	1.2
<b>Minerals</b>			
Calcium, Ca	mg	5	7
Iron, Fe	mg	0.39	0.51
Magnesium, Mg	mg	5	7
Phosphorus, P	mg	33	44
Potassium, K	mg	20	26
Sodium, Na	mg	5	7
Zinc, Zn	mg	0.68	0.90
<b>Vitamins</b>			
Thiamin	mg	0.016	0.021
Riboflavin	mg	0.015	0.020
Niacin	mg	0.566	0.747
Vitamin B-6	mg	0.022	0.029
Folate, DFE	µg	5	7
<b>Lipids</b>			
<b>Amino Acids</b>			
<b>Other</b>			

**Footnotes**

<sup>a</sup> Analytical results indicate rice is unenriched.