

Basic Report 20089, Wild rice, cooked

Report Date: August 20, 2019 21:14 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 164g
Proximates			
Water	g	73.93	121.25
Energy	kcal	101	166
Protein	g	3.99	6.54
Total lipid (fat)	g	0.34	0.56
Carbohydrate, by difference	g	21.34	35.00
Fiber, total dietary	g	1.8	3.0
Sugars, total	g	0.73	1.20
Minerals			
Calcium, Ca	mg	3	5
Iron, Fe	mg	0.60	0.98
Magnesium, Mg	mg	32	52
Phosphorus, P	mg	82	134
Potassium, K	mg	101	166
Sodium, Na	mg	3	5
Zinc, Zn	mg	1.34	2.20
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.052	0.085
Riboflavin	mg	0.087	0.143
Niacin	mg	1.287	2.111
Vitamin B-6	mg	0.135	0.221
Folate, DFE	µg	26	43
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	3	5
Vitamin E (alpha-tocopherol)	mg	0.24	0.39

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.5	0.8
Lipids			
Fatty acids, total saturated	g	0.049	0.080
Fatty acids, total monounsaturated	g	0.050	0.082
Fatty acids, total polyunsaturated	g	0.213	0.349
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0