

## Basic Report 20452, Rice, white, short-grain, raw, unenriched

Report Date: October 21, 2017 15:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 200g
<b>Proximates</b>			
Water	g	13.29	26.58
Energy	kcal	358	716
Protein	g	6.50	13.00
Total lipid (fat)	g	0.52	1.04
Carbohydrate, by difference	g	79.15	158.30
<b>Minerals</b>			
Calcium, Ca	mg	3	6
Iron, Fe	mg	0.80	1.60
Magnesium, Mg	mg	23	46
Phosphorus, P	mg	95	190
Potassium, K	mg	76	152
Sodium, Na	mg	1	2
Zinc, Zn	mg	1.10	2.20
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.070	0.140
Riboflavin	mg	0.048	0.096
Niacin	mg	1.600	3.200
Vitamin B-6	mg	0.171	0.342
Folate, DFE	µg	6	12
Vitamin B-12	µg	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.140	0.280
Fatty acids, total monounsaturated	g	0.161	0.322

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 200g</b>
Fatty acids, total polyunsaturated	g	0.138	0.276
Cholesterol	mg	0	0

**Amino Acids**  
**Other**