

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

Report Date: December 12, 2017 07:04 EST

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup 200g |
|------------------------------------|------|------------------------|---------------|
| Proximates | | | |
| 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 |
| Minerals | | | |
| 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 |
| Vitamins | | | |
| 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 |
| Lipids | | | |
| Fatty acids, total saturated | g | 0.140 | 0.280 |
| Fatty acids, total monounsaturated | g | 0.161 | 0.322 |

| Nutrient | Unit | 1 Value Per100 g | 1 cup 200g |
|------------------------------------|-------------|---------------------------------|-----------------------|
| Fatty acids, total polyunsaturated | g | 0.138 | 0.276 |
| Cholesterol | mg | 0 | 0 |

Amino Acids
Other