

Basic Report 20651, Rice, brown, parboiled, cooked, UNCLE BENS

Report Date: September 23, 2017 18:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 155g
Proximates			
Water	g	64.38	99.79
Energy	kcal	147	228
Protein	g	3.09	4.79
Total lipid (fat)	g	0.85	1.32
Carbohydrate, by difference	g	31.33	48.56
Fiber, total dietary	g	1.7	2.6
Sugars, total	g	0.15	0.23
Minerals			
Calcium, Ca	mg	3	5
Iron, Fe	mg	0.53	0.82
Magnesium, Mg	mg	39	60
Phosphorus, P	mg	96	149
Potassium, K	mg	61	95
Sodium, Na	mg	4	6
Zinc, Zn	mg	0.77	1.19
Vitamins			
Thiamin	mg	0.097	0.150
Riboflavin	mg	0.070	0.109
Niacin	mg	1.903	2.950
Vitamin B-6	mg	0.110	0.171
Vitamin E (alpha-tocopherol)	mg	0.00	0.00
Vitamin K (phylloquinone)	µg	0.4	0.6
Lipids			
Fatty acids, total saturated	g	0.213	0.330
Fatty acids, total monounsaturated	g	0.300	0.465
Fatty acids, total polyunsaturated	g	0.269	0.417

Nutrient	Unit	1 Value Per100 g	1 cup 155g
Fatty acids, total trans	g	0.000	0.000

Amino Acids

Other