

Source: USDA National Nutrient Database for Standard Reference 27 Software v.2.0b

Basic Report

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Nutrient data for: 20041,Rice, brown, medium-grain, cooked

<u>Nutrient</u>	<u>1.0"cup"</u> <u>195.0g</u>	<u>Unit</u>	<u>1Value</u> <u>per100g</u>
Proximates			
Water	142.27	g	72.96
Energy	218	kcal	112
Protein	4.52	g	2.32
Total lipid (fat)	1.62	g	0.83
Carbohydrate, by difference	45.84	g	23.51
Fiber, total dietary	3.5	g	1.8
Minerals			
Calcium, Ca	20	mg	10
Iron, Fe	1.03	mg	0.53
Magnesium, Mg	86	mg	44
Phosphorus, P	150	mg	77
Potassium, K	154	mg	79
Sodium, Na	2	mg	1
Zinc, Zn	1.21	mg	0.62
Vitamins			
Vitamin C, total ascorbic acid	0	mg	0
Thiamin	0.199	mg	0.102
Riboflavin	0.023	mg	0.012
Niacin	2.594	mg	1.33
Vitamin B-6	0.291	mg	0.149
Folate, DFE	8	Âµg	4
Vitamin B-12	0	Âµg	0
Vitamin A, RAE	0	Âµg	0
Vitamin A, IU	0	IU	0
Vitamin D (D2 + D3)	0	Âµg	0
Vitamin D	0	IU	0
Lipids			
Fatty acids, total saturated	0.322	g	0.165
Fatty acids, total monounsaturated	0.585	g	0.3
Fatty acids, total polyunsaturated	0.577	g	0.296
Cholesterol	0	mg	0