

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

Basic Report

Report Run at: October 06

2014 22:14 EDT

Nutrient data for: 20053,Rice, white, short-grain, cooked

<u>Nutrient</u>	<u>1.0"cup"</u> <u>186.0g</u>	<u>Unit</u>	<u>1Value</u> <u>per100g</u>
Proximates			
Water	127.47	g	68.53
Energy	242	kcal	130
Protein	4.39	g	2.36
Total lipid (fat)	0.35	g	0.19
Carbohydrate, by difference	53.44	g	28.73
Minerals			
Calcium, Ca	2	mg	1
Iron, Fe	2.72	mg	1.46
Magnesium, Mg	15	mg	8
Phosphorus, P	61	mg	33
Potassium, K	48	mg	26
Sodium, Na	0	mg	0
Zinc, Zn	0.74	mg	0.4
Vitamins			
Vitamin C, total ascorbic acid	0	mg	0
Thiamin	0.305	mg	0.164
Riboflavin	0.03	mg	0.016
Niacin	2.777	mg	1.493
Vitamin B-6	0.11	mg	0.059
Folate, DFE	184	Âµg	99
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	0.095	g	0.051
Fatty acids, total monounsaturated	0.108	g	0.058
Fatty acids, total polyunsaturated	0.093	g	0.05
Cholesterol	0	mg	0