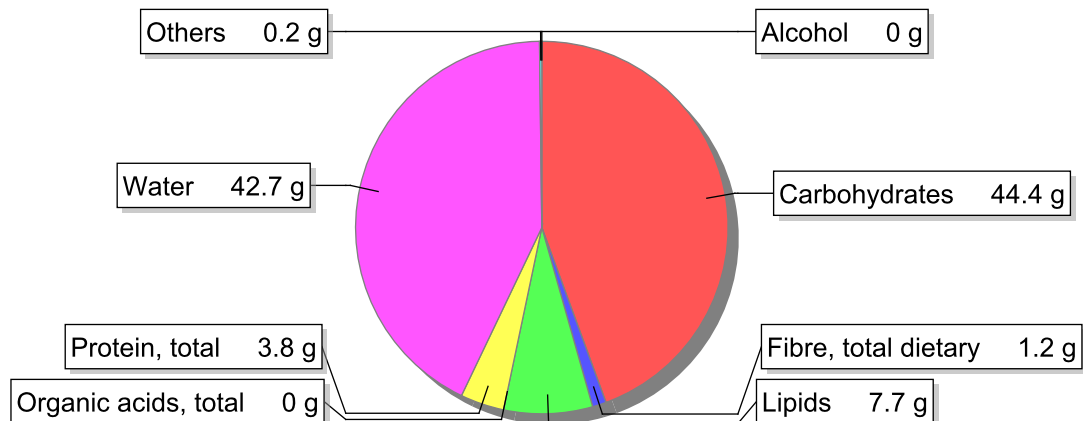


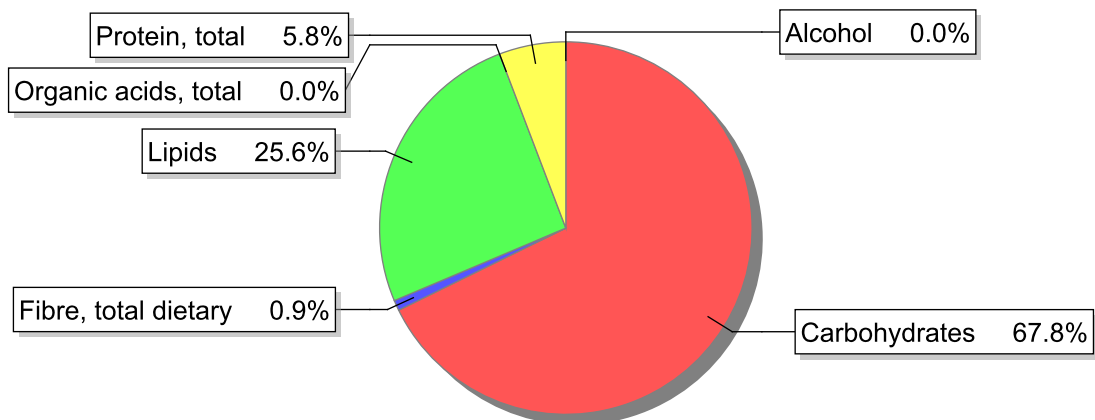
Food

Name: Rice, cooked with butter
Group: Cereal and cereal products
Subgroup: Cereal
Edible Part: 100%
Code: IS404
FoodEX2 Code: A040Z

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	265	kcal	
energy kJ, total metabolisable	1110	kJ	
fatty acids, total saturated	4.3	g	
fatty acids, total monounsaturated	1.8	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.239	g	
fatty acids, total trans	0.3	g	
sugars, total	0.1	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.1	g	
salt	0.9	g	
fibre, total dietary	1.2	g	
protein, total	3.8	g	
alcohol	0	g	
water	42.7	g	
organic acids, total	0	g	
cholesterol	21	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	51	µg	
carotene, total (vitamin A precursors)	4	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.24	mg	
thiamin	0.02	mg	
riboflavin	0.01	mg	
niacin, preformed	0.91	mg	
niacin equivalents, total	1.93	mg	
niacin equivalents from tryptophan	0.8	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	7.6	µg	
ash	1.20	g	
sodium	370	mg	
potassium	43	mg	
calcium	8.7	mg	
phosphorus	50	mg	
magnesium	21	mg	
iron, total	0.4	mg	
zinc	0.7	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References