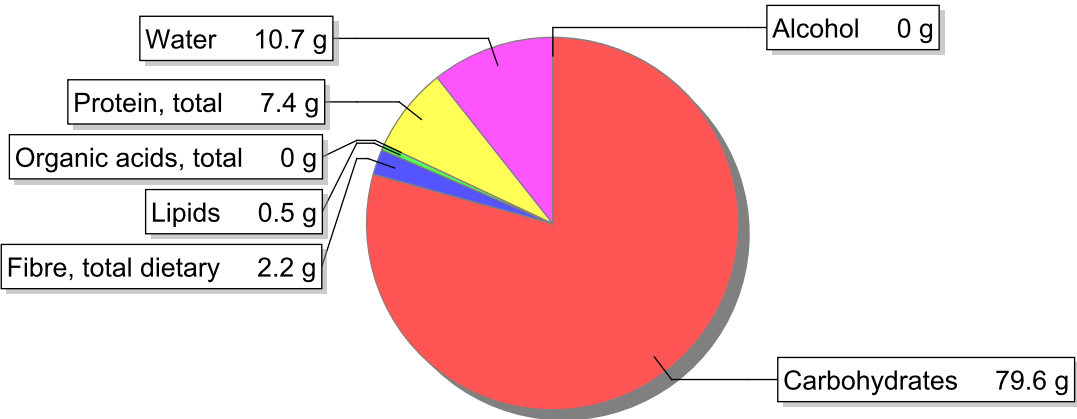


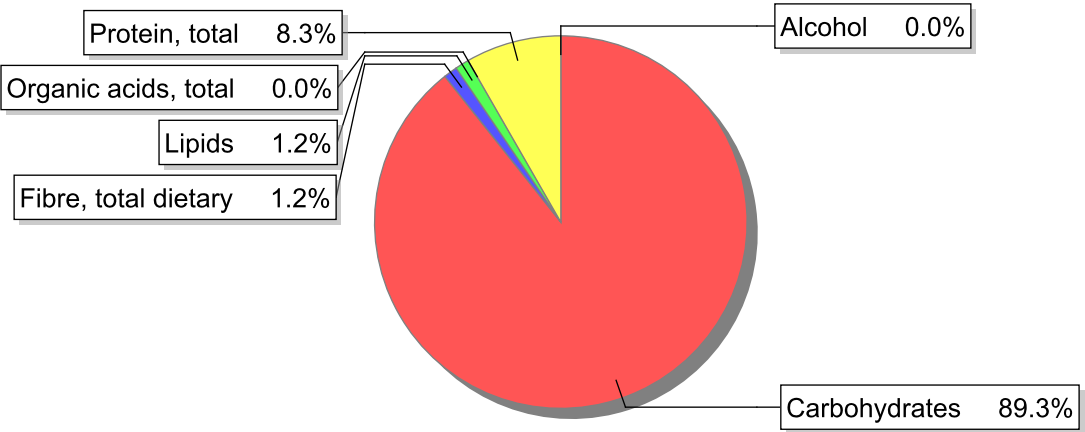
Food

Name: Rice, white, raw
Group: Cereal and cereal products
Subgroup: Cereal
Edible Part: 100%
Code: IS400
FoodEX2 Code: A003D

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	357	kcal	
energy kJ, total metabolisable	1520	kJ	
fatty acids, total saturated	0.1	g	57
fatty acids, total monounsaturated	0.1	g	57
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0	g	
sugars, total	0	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	2.2	g	
protein, total	7.4	g	
alcohol	0	g	
water	10.7	g	57
organic acids, total	0	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	57
alpha-tocopherol	0.1	mg	
thiamin	0.07	mg	
riboflavin	0.03	mg	57
niacin, preformed	2	mg	57
niacin equivalents, total	3.6	mg	
niacin equivalents from tryptophan	1.6	mg	
vitamin B-6, total	0.3	mg	57
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	20	µg	
ash	1.00	g	
sodium	6	mg	57
potassium	110	mg	57
calcium	11	mg	57
phosphorus	92	mg	57
magnesium	13	mg	57
iron, total	0.6	mg	
zinc	1.3	mg	

Legend

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

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB