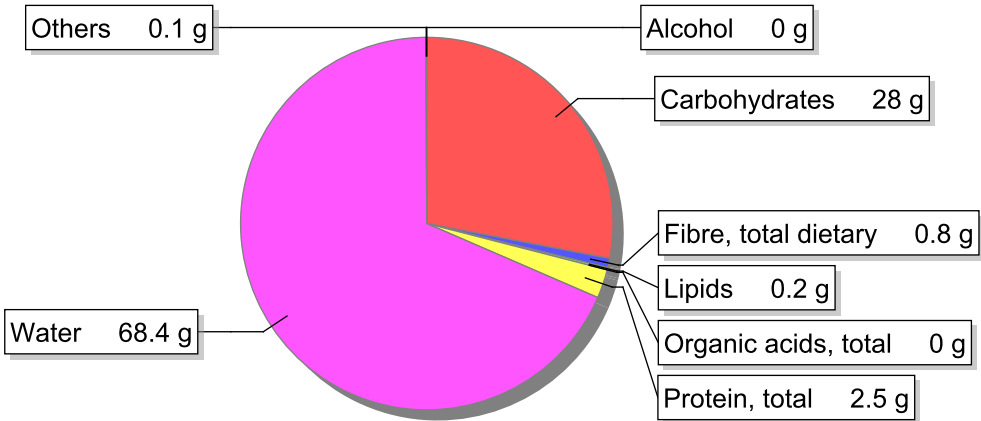


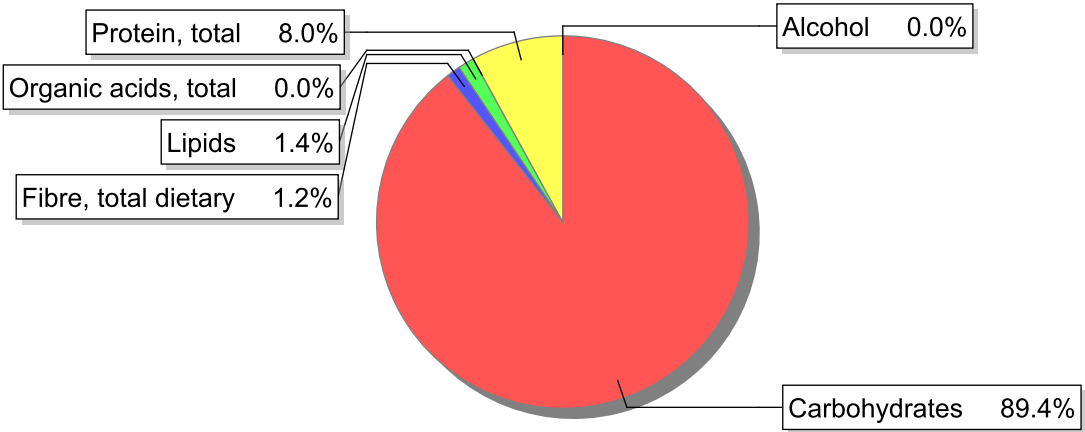
Food

Name: Rice, boiled
Group: Cereal and cereal products
Subgroup: Cereal
Edible Part: 100%
Code: IS403
FoodEX2 Code: A001D

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	125	kcal	
energy kJ, total metabolisable	532	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.8	g	
fibre, total dietary	0.8	g	
protein, total	2.5	g	
alcohol	0	g	
water	68.4	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0	mg	
thiamin	0.01	mg	
riboflavin	0.01	mg	
niacin, preformed	0.6	mg	
niacin equivalents, total	1.1	mg	
niacin equivalents from tryptophan	0.5	mg	
vitamin B-6, total	0.08	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	5.8	µg	
ash	0.90	g	
sodium	310	mg	
potassium	36	mg	
calcium	7	mg	
phosphorus	33	mg	
magnesium	15	mg	
iron, total	0.2	mg	
zinc	0.6	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB