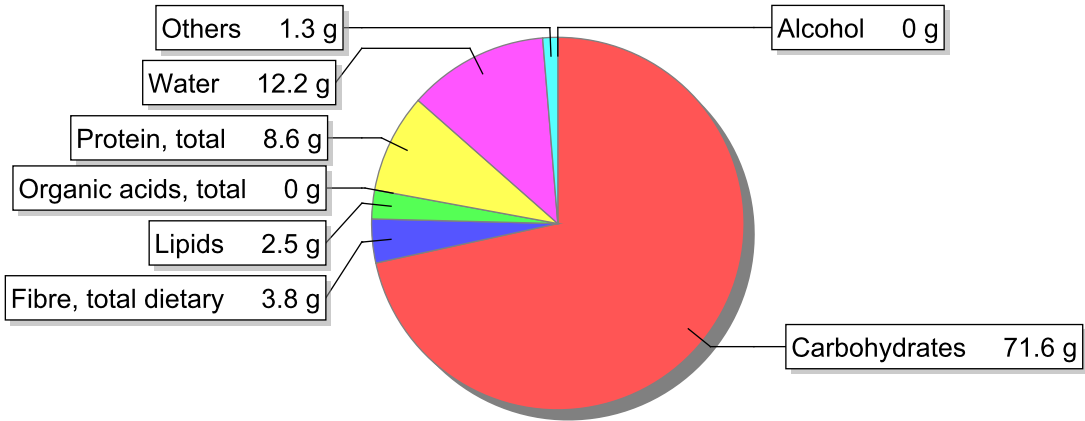


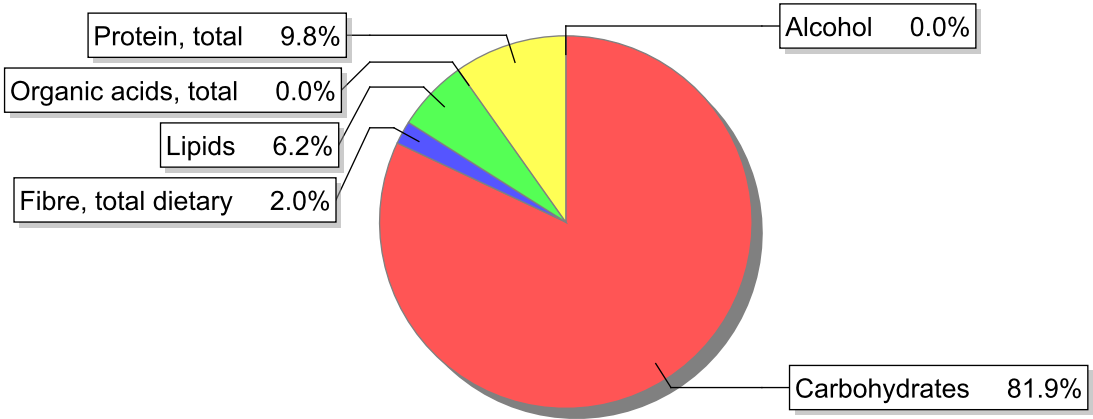
Food

Name: Rice, brown, raw
Group: Cereal and cereal products
Subgroup: Cereal
Edible Part: 100%
Code: IS401
FoodEX2 Code: A001E

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	351	kcal	
energy kJ, total metabolisable	1490	kJ	
fatty acids, total saturated	0.5	g	57
fatty acids, total monounsaturated	0.6	g	57
fatty acids, total polyunsaturated	0.9	g	57
fatty acid 18:2 n-6 cis,cis	0.8	g	57
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	3.8	g	
protein, total	8.6	g	57
alcohol	0	g	
water	12.2	g	
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	0.7	mg	
thiamin	0.4	mg	57
riboflavin	0.1	mg	
niacin, preformed	4.1	mg	57
niacin equivalents, total	6	mg	
niacin equivalents from tryptophan	1.9	mg	
vitamin B-6, total	0.6	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	55	µg	
ash	1.30	g	
sodium	3	mg	
potassium	250	mg	
calcium	9	mg	57
phosphorus	270	mg	57
magnesium	110	mg	
iron, total	1.7	mg	
zinc	1.4	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