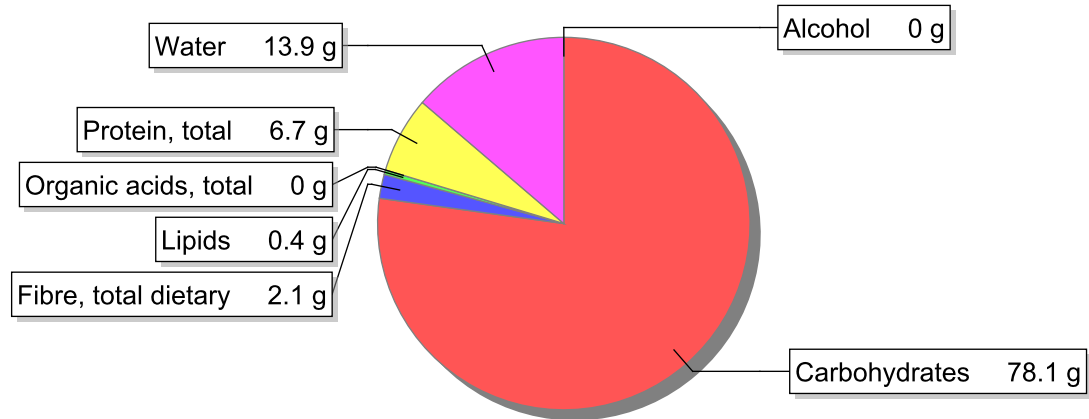


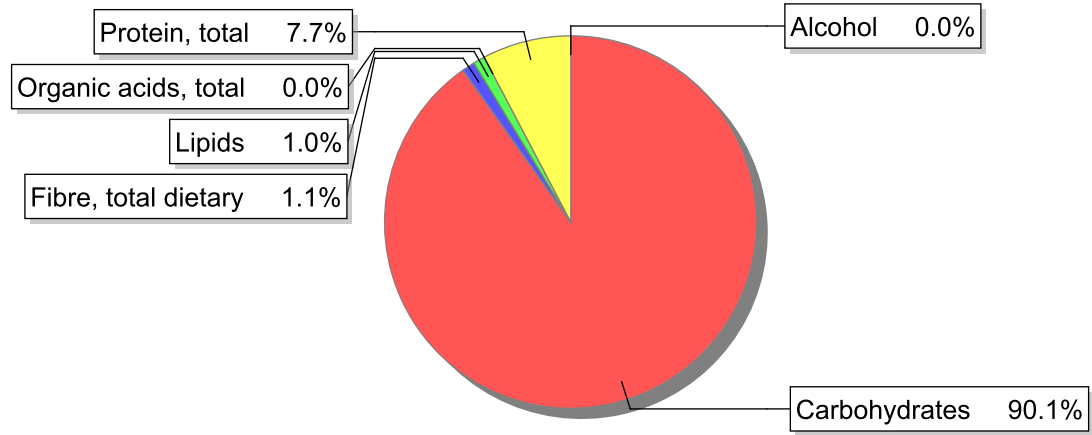
Food

Name: Rice "agulha", raw
Group: Cereal and cereal products
Subgroup: Cereal
Edible Part: 100%
Code: IS402
FoodEX2 Code: A001D

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	347	kcal	
energy kJ, total metabolisable	1470	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	2.1	g	
protein, total	6.7	g	
alcohol	0	g	
water	13.9	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	0.1	mg	
thiamin	0.06	mg	
riboflavin	0.03	mg	
niacin, preformed	2	mg	
niacin equivalents, total	3.4	mg	
niacin equivalents from tryptophan	1.4	mg	
vitamin B-6, total	0.29	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	19	µg	
ash	0.50	g	
sodium	6	mg	
potassium	94	mg	
calcium	13	mg	
phosphorus	87	mg	
magnesium	32	mg	
iron, total	0.6	mg	
zinc	1.3	mg	

Legend

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

References