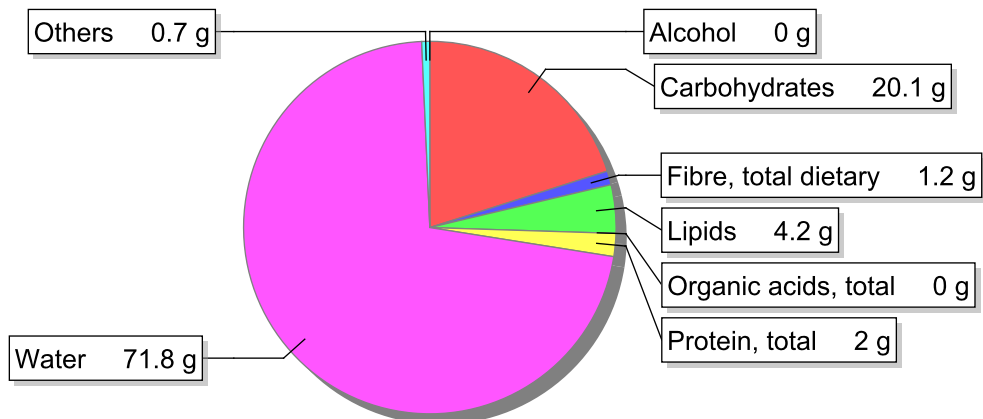


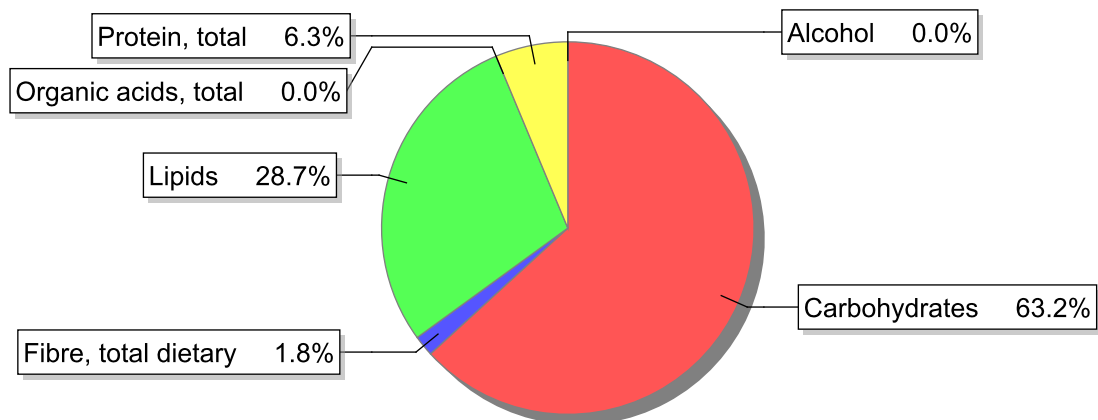
Food

Name: Rice, cooked with tomatoes and olive oil
Group: Cereal and cereal products
Subgroup: Cereal
Edible Part: 100%
Code: IS407
FoodEX2 Code: A040Z

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	129	kcal	
energy kJ, total metabolisable	541	kJ	
fatty acids, total saturated	0.6	g	
fatty acids, total monounsaturated	3.1	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.359	g	
fatty acids, total trans	0	g	
sugars, total	1.7	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.1	g	
starch, total	18.4	g	
protein, total	2	g	
alcohol	0	g	
water	71.8	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	36	µg	
carotene, total (vitamin A precursors)	216	µg	
vitamin D	0	µg	
alpha-tocopherol	1.09	mg	
thiamin	0.03	mg	
riboflavin	0.01	mg	
niacin, preformed	0.58	mg	
niacin equivalents, total	1.17	mg	
niacin equivalents from tryptophan	0.39	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	0	µg	
vitamin C	5.1	mg	
folate, total	7.7	µg	
ash	1.04	g	
sodium	260	mg	
potassium	80	mg	
calcium	11	mg	
phosphorus	30	mg	
magnesium	13	mg	
iron, total	0.4	mg	
zinc	0.4	mg	

Legend

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

References