

# Rice, white, medium-grain, raw, unenriched

(Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
<b>Proximates</b>				
Water	g	12.89	16	0.477
Energy	kcal	360	0	
Energy	kJ	1506	0	
Protein	g	6.61	18	0.197
Total lipid (fat)	g	0.58	6	0.058
Ash	g	0.58	17	0.044
Carbohydrate, by difference	g	79.34	0	
<b>Minerals</b>				
Calcium, Ca	mg	9	2	
Iron, Fe	mg	0.80	1	
Magnesium, Mg	mg	35	2	
Phosphorus, P	mg	108	4	5.412
Potassium, K	mg	86	5	5.551
Sodium, Na	mg	1	2	
Zinc, Zn	mg	1.16	2	
Copper, Cu	mg	0.110	2	
Manganese, Mn	mg	1.100	2	
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0	
Thiamin	mg	0.070	1	
Riboflavin	mg	0.048	5	0.012
Niacin	mg	1.600	1	
Pantothenic acid	mg	1.342	2	
Vitamin B-6	mg	0.145	2	
Folate, total	mcg	9	2	
Folic acid	mcg	0	0	
Folate, food	mcg	9	2	
Folate, DFE	mcg_DFE	9	0	
Vitamin B-12	mcg	0.00	0	
Vitamin D (D2 + D3)	mcg	0.0	0	
Vitamin D	IU	0	0	
<b>Lipids</b>				
Fatty acids, total saturated	g	0.158	0	
14:0	g	0.003	0	

16:0	g	0.141	0	
18:0	g	0.011	0	
Fatty acids, total monounsaturated	g	0.181	0	
16:1 undifferentiated	g	0.002	0	
18:1 undifferentiated	g	0.179	0	
Fatty acids, total polyunsaturated	g	0.155	0	
18:2 undifferentiated	g	0.128	0	
18:3 undifferentiated	g	0.027	0	
Cholesterol	mg	0	0	
<b>Amino acids</b>				
Tryptophan	g	0.077	0	
Threonine	g	0.236	0	
Isoleucine	g	0.285	0	
Leucine	g	0.546	0	
Lysine	g	0.239	0	
Methionine	g	0.155	0	
Cystine	g	0.135	0	
Phenylalanine	g	0.353	0	
Tyrosine	g	0.221	0	
Valine	g	0.403	0	
Arginine	g	0.551	0	
Histidine	g	0.155	0	
Alanine	g	0.383	0	
Aspartic acid	g	0.621	0	
Glutamic acid	g	1.288	0	
Glycine	g	0.301	0	
Proline	g	0.311	0	
Serine	g	0.347	0	

USDA National Nutrient Database for Standard Reference, Release 22 (2009)