

Rice, white, steamed, Chinese restaurant (1)

Refuse: 0%

NDB No: 20058 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	62.50	4	0.522
Energy	kcal	151	0	0.000
Energy	kJ	631	0	0.000
Protein	g	3.20	4	0.112
Total lipid (fat)	g	0.27	4	0.045
Ash	g	0.14	4	0.009
Carbohydrate, by difference	g	33.88	0	0.000
Fiber, total dietary	g	0.9	4	0.075
Starch	g	32.05	4	0.555
Minerals				
Calcium, Ca	mg	5	4	0.614
Iron, Fe	mg	0.39	4	0.099
Magnesium, Mg	mg	5	4	0.776
Phosphorus, P	mg	33	4	2.134
Potassium, K	mg	20	4	1.882
Sodium, Na	mg	5	4	1.377
Zinc, Zn	mg	0.68	4	0.020
Copper, Cu	mg	0.048	4	0.005

Manganese, Mn	mg	0.448	4	0.029
Vitamins				
Thiamin	mg	0.016	4	0.001
Riboflavin	mg	0.015	4	0.000
Niacin	mg	0.566	4	0.155
Vitamin B-6	mg	0.022	4	0.003
Folate, total	mcg	5	4	2.175
Folic acid	mcg	0	4	0.000
Folate, food	mcg	5	4	2.175
Folate, DFE	mcg_DFE	5	0	0.000
Lipids				

Footnotes:

1 Analytical results indicate rice is unenriched.

USDA National Nutrient Database for Standard Reference, Release 23 (2010)