



# LOVE RICE

Nutritional Information

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## Nutritional Information

/ 100g

	NA	K	CA	MG	P	FE	ZN	MN
	Sodium	Potassium	Calcium	Magnesium	Phosphorus	Iron	Zinc	Manganese
Long Grain Rice								
Brown, easy cook	2	232	10	115	328	1.02	2.1	3.40
Brown, wholegrain	Tr	243	11	116	323	1.05	1.8	2.49
White, easy cook	2	156	23	27	159	0.37	1.1	0.92
White	1	87	16	25	117	0.26	1.4	1.05
Thai Fragrant Rice								
White	1	76	4	19	89	0.17	1.7	0.97
Basmati Rice								
Brown	1	226	9	119	309	3.03	1.9	1.55
White, easy cook	3	128	23	24	131	0.90	0.8	0.38
White	1	77	10	21	101	1.73	1.4	0.74
Risotto Rice								
White, Arborio	1	86	5	30	125	0.21	1.4	0.74



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	Protein (g) PROT	Fat (g) FAT	Carbohydrate (g) CHO	fibre (g) AOACFIB
Long Grain Rice				
Brown, easy cook	7.5	3.1	82.1	3.5
Brown, wholegrain	7.7	1.5	77.0	3.0
White, easy cook	7.0	1.1	82.3	1.7
White	6.7	1.0	85.1	1.1
Thai Fragrant Rice				
White	6.4	1.1	84.5	0.8
Basmati Rice				
Brown	8.9	3.1	77.6	3.3
White, easy cook	8.1	0.4	83.8	1.4
White	8.1	0.5	83.7	1.1
Risotto Rice				
White, Arborio	6.4	1.0	85.2	1.4



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	VITE Total Vitamin E	THIA Thiamin	NIAC Niacin	TRYP60 Tryptophan divided by 60	NIACEQU Niacin equivalent	VITB6 Vitamin B6	PANTO Pantothenate
Long Grain Rice							
Brown, easy cook	0.14	0.15	6.8	2.2	9.0	0.25	0.83
Brown, wholegrain	0.37	0.30	4.3	2.2	6.5	0.19	0.65
White, easy cook	0.04	0.21	4.2	1.8	6.0	0.18	0.78
White	0.03	0.12	1.4	1.9	3.3	0.12	0.41
Thai Fragrant Rice							
White	0.03	0.09	1.5	N	N	0.15	0.48
Basmati Rice							
Brown	0.62	0.38	6.9	2.4	9.3	0.12	1.12
White, easy cook	0.03	0.25	5.2	2.1	7.3	0.28	0.89
White	0.07	0.13	1.2	2.1	3.3	0.10	0.41
Risotto Rice							
White, Arborio	0.03	0.09	1.6	2.0	3.6	0.11	0.28