



TYPICAL COMPOSITION

LONG GRAIN MILLED RICE (UNCOOKED/ENRICHED*)

Serving Size **¼ CUP (45g)**
 makes about ¾ cup cooked
Servings **About 10/16oz**

COMPONENT	100g	45g	%DV
Calories, kcal	352	160	-----
Calories from Fat	4.5	0**	-----
Total Fat, g	0.50	0	0
Saturated Fat, g	0.14	0**	0**
<i>Trans</i> Fat, g	0	0	-----
Cholesterol, mg	0	0**	0**
Sodium, mg	2.7	0	0
Potassium, mg	95	40	1
Total Carbohydrate, g	78.7	35	12
Dietary Fiber, g	1.04	0**	0**
Sugars, g	<1	0**	0**
Protein, g	7.70	3	-----
Vitamin A, IU	0	-----	0**
Vitamin C, mg	0	-----	0**
Calcium, mg	13	-----	0**
Iron, mg	2.9*	-----	8
Thiamine, mg	0.44*	-----	15
Niacin, mg	3.5*	-----	8
Folate, mg	0.15*	-----	15
Moisture, g	12	5.4	-----
Ash, g	0.64	0.29	-----

* Minimum acceptable levels of iron, thiamine, niacin and folic acid in "Enriched Milled Rice" are 2.9mg, 0.44mg, 3.5mg, and 0.15 mg per 100g, respectively.

** "Not a significant source of this nutrient."

NOTE: Values for the 45 g serving and the % DV are rounded according to the NLEA, January 6, 1993, pg. 643,2228.

Ingredients: Extra Long Grain Rice, Iron Phosphate, Niacin, Thiamine Mononitrate, and Folic Acid.

RICELAND FOODS, INC.
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