



TYPICAL COMPOSITION

PARBOILED LONG GRAIN MILLED RICE (UNCOOKED/ENRICHED)

Serving Size **¼ CUP (47g)**
 makes about 1 cup

Servings **About 10/16oz.**

COMPONENT	100g	47g	%DV
Calories, kcal	358	170	-----
Calories from Fat	5.4	0**	-----
Total Fat, g	0.60	0	0
Saturated Fat, g	0.16	0**	0**
<i>Trans</i> Fat, g	0	0	-----
Cholesterol, mg	0	0**	0**
Sodium, mg	3.8	0	0
Potassium, mg	150	70	2
Total Carbohydrate, g	79.9	37	12
Dietary Fiber, g	0.9	0**	0**
Sugars, g	<1	0**	0**
Protein, g	7.69	4	-----
Vitamin A, IU	0	-----	0**
Vitamin C, mg	0	-----	0**
Calcium, mg	60***	-----	0**
Iron, mg	2.9*	-----	8
Thiamine, mg	0.44*	-----	15
Niacin, mg	3.5*	-----	8
Folate, mg	0.15*	-----	15
Moisture, g	12	5.64	-----
Ash, g	0.75	0.35	-----

* 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."

***Calcium level is extremely variable due to calcium-based milling aid use. Value is from U.S.D.A. Handbook No. 8.

NOTE: Values for the 47 g serving and the % DV are rounded according to the NLEA, January 6, 1993, pg. 643,2228.

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

**RICELAND FOODS, INC.
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