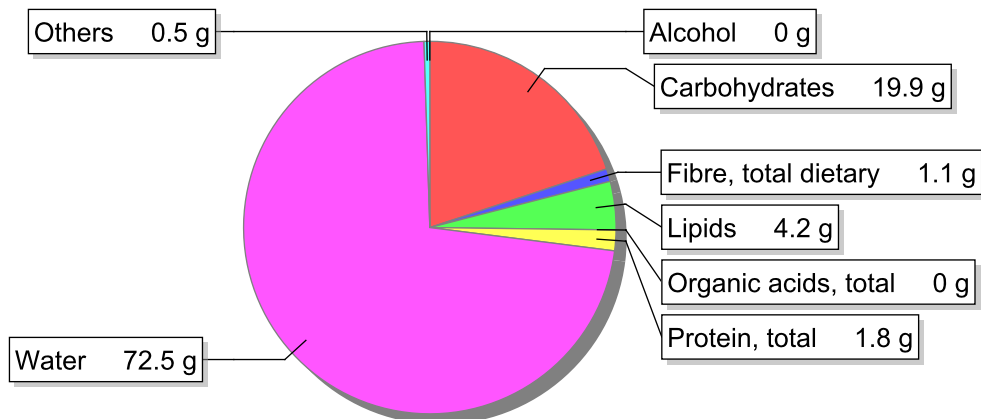


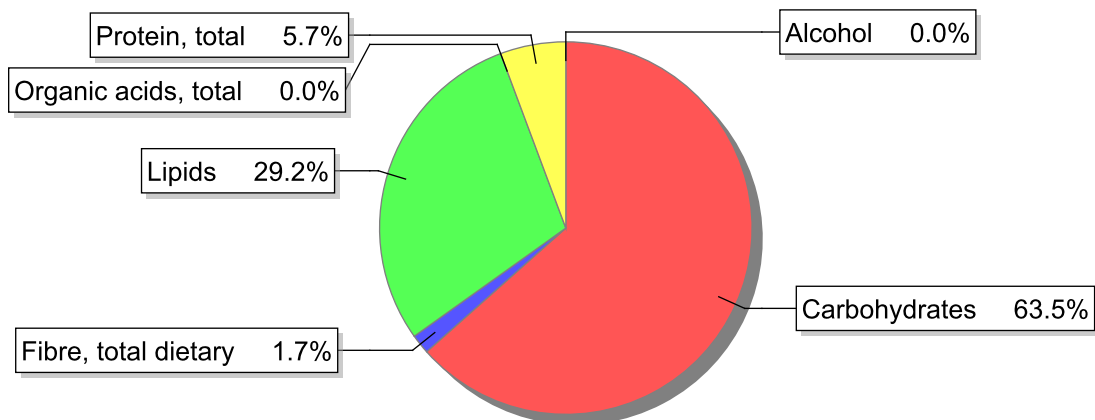
Food

Name: Rice, cooked with carrots and olive oil
Group: Cereal and cereal products
Subgroup: Cereal
Edible Part: 100%
Code: IS405
FoodEX2 Code: A041G

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	127	kcal	
energy kJ, total metabolisable	533	kJ	
fatty acids, total saturated	0.6	g	
fatty acids, total monounsaturated	3.2	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.286	g	
fatty acids, total trans	0	g	
sugars, total	0.9	g	
sucrose	0.3	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.7	g	
fibre, total dietary	1.1	g	
protein, total	1.8	g	
alcohol	0	g	
water	72.5	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	143	µg	
carotene, total (vitamin A precursors)	859	µg	
vitamin D	0	µg	
alpha-tocopherol	0.7	mg	
thiamin	0.02	mg	
riboflavin	0.01	mg	
niacin, preformed	0.54	mg	
niacin equivalents, total	1.06	mg	
niacin equivalents from tryptophan	0.37	mg	
vitamin B-6, total	0.07	mg	
vitamin B-12	0	µg	
vitamin C	0.8	mg	
folate, total	6.9	µg	
ash	0.925	g	
sodium	270	mg	
potassium	67	mg	
calcium	13	mg	
phosphorus	28	mg	
magnesium	12	mg	
iron, total	0.3	mg	
zinc	0.3	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References