



Nutrition Analysis

Organic Nu-RICE®

Amounts per 100g

BASIC COMPONENTS	AMOUNT
Calories (USA)	406
Calories (non-USA)	406
Total Fat	22g
Saturated Fat	4.3g
Monounsaturated Fat	10.0g
Polyunsaturated Fat	7.7g
Trans Fat	0g
Cholesterol	0mg
Total Carbohydrates	41g
Total Dietary Fiber	12g
Soluble Fiber	12g
Insoluble Fiber	0g
Total Sugars	7.4g
Monosaccharides	
Galactose	0g
Glucose	0.6g
Fructose	0.7g
Disaccharides	
Lactose	0g
Sucrose	6.1g
Maltose	0g
Added Sugars	0g
Other Carbs	21.6g
Protein	17g
Ash	13g
Water	7g
VITAMINS	
Vitamin A	0mcg
A-Beta Carotene	0mcg
A-Carotenoid	0mcg
A-Retinol	0mcg
Thiamine - B1	4mg
Riboflavin - B2	0.06mg
Niacin - B3	42.8mg
Niacin Equiv	
Vitamin B6	2.6mg
Vitamin B12	1.6mcg
Biotin - B7	44mcg
Vitamin C	0mg
Vitamin D	0mcg
Vitamin E	0.35mg
Folate	68mcg
Vitamin K	0mcg
Pantothenic Acid - B5	6.5mg

MINERALS	AMOUNT
Boron	
Calcium	2.4g
Chloride	
Chromium	
Copper	880 mcg
Fluoride	
Iodine	18mcg
Iron	12.4mg
Magnesium	1000mg
Manganese	52mg
Molybdenum	
Phosphorus	3000mg
Potassium	1600mg
Selenium	
Sodium	800mg
Zinc	6mg
SATURATED FAT	% of Fat
4:0 - Butyric	
6:0 - Caprioc	
8:0 - Caprylic	
10:0 - Capric	
12:0 - Lauric	
15:0 - Pentadecanoic	
16:0 - Palmitic	15.7
17:0 - Margaric	
18:0 - Stearic	1.75
20:0 - Arachidic	0.7
22:0 - Behenate	0.28
24:0 - Lignoceric	0.52
MONOUNSATURATED FATS	
14:1 - Myristol	
15:1 - Pentadecenoic	
16:1 - Palmitol	
17:1 - Heptadecenoic	
18:1 - Oleic	41.6
20:1 - Eicosen	0.54
22:1 - Erucic	
24:1 - Nervonic	

POLYUNSATURATED FAT	AMOUNT
18:2 - Linoleic	35.3
18:3 - Linolenic	1.32
18:4 - Stearidon	
20:3 - Eicosatrienoic	
20:4 - Arachidon	
20:5 - EPA	
22:5 - DPA	
22:6 - DHA	
OTHER FATS	
Omega 3 Fatty Acids	
Omega 6 Fatty Acids	
AMINO ACIDS	% of Protein
Alanine	6.5
Arginine	9.2
Aspartate	8.5
Cystine	1.6
Glutamate	13.4
Glycine	5.6
Histidine	4.0
Isoleucine	4.0
Leucine	7.2
Lysine	4.9
Phenylalanine	4.5
Proline	4.5
Serine	4.2
Threonine	3.8
Tryptophan	1.6
Tyrosine	2.9
Valine	6.3
OTHER	
Alcohol	0
Caffeine	0
Artificial Sweetener	0
Aspartame	
Saccharin	
Sugar Alcohol	N/T
Glycerol	
Inositol	
Mannitol	
Sorbitol	
Xylitol	
Acetic Acid	
Citric Acid	
Lactic Acid	
Malic Acid	
Choline (chloride)	214mg
Taurine	

