

What is the Nutritional Value of Rice

White Rice is usually considered to have a significantly reduced nutritional value, because the process of polishing the rice removes most of its nutrients and fatty acids.

Even when white rice is enriched with vitamins B 1 & B 3 & iron , it still has lost much of its nutritional value.

Brown Rice and *White Rice* contain about 170 calories per serving of 0.25 cups (0.06 liters) , the nutritional value of rice of each type can be significantly different. *Brown Rice* is generally considered a good dietary source of vitamins B1 , B6 and B3 , as well as phosphorous , manganese , dietary fiber , iron and essential fatty acids.

Brown Rice is also considered a good source of tryptophan , selenium and magnesium.

The nutritional value of rice that has not been polished during processing makes it a good source of fatty acids , dietary fiber and complete protein.