NUTRIENT ANALYSIS

Food	Measure	kcal	CHO	Total Fat	Sat Fat	Pro	Na	Ca	Iron	Vit A	Thia	Rib	Niac	Vit C
		g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg
White Rice														
Orig Recipe														
Totals:	260.82 g	306.75	40.13	14.15	0.93	3.83	440.6	16.58	1.72	0	0.23	0.02	2.1	
% of theDRI			13%	22%	5%	8%	18%	2%	10%		15%	1%	11%	
White Rice														
Modified Rec.														
Totals:	236.68 g	220.57	40.9	1.17	0.49	5.37	55.27	21.94	1.71	0	0.23	0.02	2.1	
% of the DRI			14%	2%	2%	11%	2%	2%	9%		15%	1%	11%	
Totals														

NUTRIENT ANALYSIS

% of the DRI														

NUTRIENT ANALYSIS

Zinc	Folic	Fiber
mg	mg	g
0.73		0.57
5%		2%
0.7		
5%		0.57
		2%

NUTRIENT ANALYSIS