



**Food ID:** A010

**Food name and Description:** Rice bran

**Scientific name:** *Oryza sativa*

**Alternate/Common name(s):** Darak

**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	13.6
Energy, calculated (kcal)	316
Protein (g)	7.8
Total Fat (g)	5
Carbohydrate, total (g)	59.9
Ash, total (g)	13.7

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	19.3
Sugars, total (g)	0.8

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	80
Phosphorus, P (mg)	739
Iron, Fe (mg)	13.8
Sodium, Na (mg)	13

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	1.84
Riboflavin, Vitamin B2 (mg)	0.3
Niacin (mg)	33.3
Ascorbic Acid, Vitamin C (mg)	0

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1
Fatty acids, monounsaturated, total (g)	1.81
Fatty acids, polyunsaturated, total(g)	1.79
Cholesterol (mg)	0