

1 cup cooked jasmine rice nutrition

1 cup cooked jasmine rice nutrition offers valuable insight into the dietary benefits and components of this popular aromatic rice variety. Jasmine rice, known for its fragrant aroma and fluffy texture, is a staple food in many cuisines, especially in Southeast Asia. Understanding the nutritional profile of 1 cup cooked jasmine rice is essential for individuals monitoring their diet, managing health conditions, or simply aiming for balanced nutrition. This article explores the macronutrients, micronutrients, caloric content, and potential health implications of consuming this rice type. Additionally, it delves into comparisons with other rice varieties and practical tips for incorporating jasmine rice into a nutritious diet. The following sections will provide a comprehensive analysis of the key nutritional elements found in 1 cup cooked jasmine rice and their relevance to overall health.

- **Macronutrient Composition of 1 Cup Cooked Jasmine Rice**
- **Micronutrients and Vitamins Present in Jasmine Rice**
- **Caloric Content and Energy Contribution**
- **Health Benefits and Considerations**
- **Comparison with Other Rice Varieties**
- **Incorporating Jasmine Rice into a Balanced Diet**

Macronutrient Composition of 1 Cup Cooked Jasmine Rice

The macronutrient breakdown of 1 cup cooked jasmine rice is a fundamental aspect of its nutrition profile. Macronutrients include carbohydrates, proteins, and fats, which provide energy and support bodily functions. Jasmine rice is predominantly a carbohydrate source, making it an efficient fuel for the body.

Carbohydrates

One cup of cooked jasmine rice typically contains approximately 45 grams of carbohydrates. These carbohydrates are primarily starches, which the body breaks down into glucose to use as energy. Jasmine rice's carbohydrate content makes it a popular choice for athletes and active individuals needing quick energy replenishment.

Proteins

In addition to carbohydrates, jasmine rice provides around 4 grams of protein per cooked cup. While not a complete protein source, it contributes to daily protein intake, supporting muscle repair and enzymatic functions when combined with other protein-rich foods.

Fats

Jasmine rice is very low in fat, usually containing less than 1 gram of fat per cooked cup. This minimal fat content makes it suitable for low-fat dietary plans and helps maintain heart health by avoiding excessive saturated fat intake.

Micronutrients and Vitamins Present in Jasmine Rice

Beyond macronutrients, 1 cup cooked jasmine rice contains various micronutrients that play essential roles in metabolic processes and overall health maintenance.

Minerals

Jasmine rice provides several important minerals, including:

- **Manganese:** Supports bone health and metabolism.
- **Magnesium:** Involved in muscle function and energy production.
- **Phosphorus:** Essential for bone formation and cellular repair.
- **Potassium:** Helps regulate fluid balance and nerve signals.

Vitamins

While jasmine rice is not a significant source of many vitamins, it contains small amounts of B vitamins, such as:

- **Vitamin B1 (Thiamine):** Vital for energy metabolism and nerve function.
- **Vitamin B3 (Niacin):** Supports digestive health and skin function.

Caloric Content and Energy Contribution

Understanding the caloric value of 1 cup cooked jasmine rice is crucial for managing energy intake and weight control. A single serving typically provides around 190 to 205 calories, depending on the cooking method and moisture content.

This calorie count primarily arises from the carbohydrate content, with a minor contribution from protein and negligible fat calories. As a source of complex carbohydrates, jasmine rice offers sustained energy release, making it a valuable food for maintaining energy levels throughout the day.

Health Benefits and Considerations

Consuming 1 cup cooked jasmine rice offers several health benefits, but certain considerations should be noted, especially for individuals with specific dietary restrictions.

Health Benefits

- **Gluten-Free:** Jasmine rice is naturally gluten-free, suitable for individuals with celiac disease or gluten intolerance.
- **Energy Source:** Provides quick and sustained energy due to its carbohydrate content.
- **Low in Fat and Sodium:** Supports heart health and blood pressure management.
- **Aromatic Qualities:** Enhances meal satisfaction, potentially aiding in appetite control.

Considerations

While jasmine rice has many benefits, it also has a relatively high glycemic index compared to some other rice varieties. This means it can cause quicker spikes in blood sugar levels, which may be a concern for people with diabetes or insulin resistance. Combining jasmine rice with fiber-rich vegetables, proteins, or healthy fats can help moderate blood sugar responses.

Comparison with Other Rice Varieties

Comparing 1 cup cooked jasmine rice nutrition with other rice types provides

perspective on its unique qualities and nutritional differences.

Basmati Rice

Basmati rice contains a similar calorie count but has a lower glycemic index, making it a preferred option for blood sugar management. Both jasmine and basmati rice offer aromatic qualities but differ slightly in texture and flavor profile.

Brown Rice

Brown rice, including brown jasmine rice, retains the bran and germ layers, resulting in higher fiber, vitamin, and mineral content. This variety is typically higher in protein and micronutrients and has a lower glycemic index, promoting better digestive health and blood sugar control.

White Rice

Standard white rice, similar to jasmine rice, is lower in fiber and micronutrients due to milling and polishing processes. Jasmine rice's distinctive aroma and texture, however, often make it a favored choice for culinary applications despite similar nutritional content.

Incorporating Jasmine Rice into a Balanced Diet

Effectively incorporating 1 cup cooked jasmine rice into a balanced diet enhances nutritional intake while supporting health goals. Consideration of portion size, meal composition, and cooking methods plays a vital role in optimizing its benefits.

Portion Control

Consuming appropriate portions of jasmine rice can help manage calorie intake and prevent excessive carbohydrate consumption. Pairing it with lean proteins and vegetables ensures a nutrient-dense, balanced meal.

Cooking Tips

- Rinse rice thoroughly before cooking to remove excess starch and improve texture.
- Use the absorption method with a controlled water-to-rice ratio for

fluffy results.

- Avoid adding excessive fats or sodium during preparation to maintain a healthy profile.

Meal Pairings

Complement jasmine rice with a variety of nutrient-rich foods such as grilled chicken, steamed vegetables, legumes, or tofu to create meals that are balanced in macronutrients and micronutrients, enhancing overall diet quality.

Frequently Asked Questions

How many calories are in 1 cup of cooked jasmine rice?

1 cup of cooked jasmine rice contains approximately 205 calories.

What is the carbohydrate content in 1 cup of cooked jasmine rice?

1 cup of cooked jasmine rice has about 45 grams of carbohydrates.

How much protein does 1 cup of cooked jasmine rice provide?

1 cup of cooked jasmine rice provides around 4 grams of protein.

What is the fat content in 1 cup of cooked jasmine rice?

1 cup of cooked jasmine rice contains about 0.4 grams of fat.

Does 1 cup of cooked jasmine rice contain dietary fiber?

Yes, 1 cup of cooked jasmine rice contains approximately 0.6 grams of dietary fiber.

Is jasmine rice gluten-free?

Yes, jasmine rice is naturally gluten-free, making it suitable for those with gluten intolerance or celiac disease.

What vitamins and minerals are found in 1 cup of cooked jasmine rice?

1 cup of cooked jasmine rice provides small amounts of B vitamins, such as niacin and thiamine, as well as minerals like manganese and selenium.

How does the sodium content in 1 cup of cooked jasmine rice compare to daily recommendations?

1 cup of cooked jasmine rice contains less than 2 mg of sodium, which is very low compared to the recommended daily limit of 2,300 mg.

Additional Resources

1. *The Nutritional Profile of Jasmine Rice: A Comprehensive Guide*

This book delves into the detailed nutritional content of jasmine rice, focusing on the benefits of consuming one cup of cooked jasmine rice. It explores macronutrients, vitamins, minerals, and glycemic index, offering insights for health-conscious individuals. Readers will find practical advice on incorporating jasmine rice into balanced diets.

2. *Rice and Health: Understanding the Impact of Jasmine Rice*

An in-depth exploration of how jasmine rice affects human health, this book examines its role in energy metabolism and weight management. It also discusses the differences between jasmine rice and other rice varieties, highlighting its unique nutritional aspects. The author provides evidence-based recommendations for consumption.

3. *Cooking with Jasmine Rice: Nutrition and Recipes for Wellness*

Combining nutrition science with culinary creativity, this book offers recipes centered around one cup of cooked jasmine rice. Each recipe is accompanied by nutritional information and health benefits, making it easier for readers to enjoy tasty and nutritious meals. It's ideal for those seeking healthy meal planning ideas.

4. *Jasmine Rice: A Staple for Balanced Eating*

This title focuses on the role of jasmine rice as a staple food in various cultures and its nutritional significance. It discusses portion control, nutrient balance, and how one cup of cooked jasmine rice fits into different dietary patterns. The book also shares tips for pairing jasmine rice with other nutrient-dense foods.

5. *The Science of Rice Nutrition: Jasmine Rice in Focus*

A scientific approach to understanding the nutritional makeup of jasmine rice, this book reviews current research and dietary guidelines. It explains the metabolic effects of consuming one cup of cooked jasmine rice and compares it with alternative grains. Researchers and nutrition enthusiasts will find this book highly informative.

6. *Glycemic Index and Jasmine Rice: What One Cup Means for Blood Sugar*

This book investigates the glycemic index of jasmine rice and its impact on blood sugar levels after eating one cup cooked. It is particularly useful for people with diabetes or insulin resistance, providing strategies for managing carbohydrate intake. The book also covers how cooking methods influence glycemic response.

7. *Jasmine Rice Nutrition for Athletes and Active Lifestyles*

Targeted at athletes and fitness enthusiasts, this book highlights the energy-boosting properties of one cup of cooked jasmine rice. It discusses how jasmine rice can aid in recovery and provide sustained energy for workouts. Meal plans and timing strategies are included to optimize performance.

8. *From Grain to Plate: The Journey of Jasmine Rice Nutrition*

This book traces the nutritional evolution of jasmine rice from cultivation to cooking. It examines how processing affects nutrient retention and offers tips for maximizing the health benefits of one cup cooked. Readers will gain a holistic understanding of jasmine rice's nutritional value.

9. *Jasmine Rice and Weight Management: Balancing Calories and Nutrition*

Focusing on weight control, this book analyzes the calorie content and satiety effects of one cup of cooked jasmine rice. It offers practical advice on incorporating jasmine rice into calorie-conscious diets without sacrificing nutrition. The author also discusses common myths and facts related to rice and weight gain.

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