

1/2 cup jasmine rice nutrition

1/2 cup jasmine rice nutrition is an essential aspect to understand for those who enjoy this fragrant and flavorful variety of rice as part of their diet. Jasmine rice, known for its delicate aroma and slightly sticky texture when cooked, is a staple in many Asian cuisines and has gained worldwide popularity. Understanding the nutritional content of a 1/2 cup serving of jasmine rice helps individuals make informed dietary choices, whether they are managing calorie intake, tracking macronutrients, or seeking specific vitamins and minerals. This article explores the comprehensive nutritional profile of jasmine rice, including its calorie count, macronutrient distribution, vitamin and mineral content, and its role in a balanced diet. Additionally, it will discuss the health benefits and potential drawbacks of consuming jasmine rice regularly. The following sections delve deeper into each of these areas for a thorough understanding of 1/2 cup jasmine rice nutrition.

- Nutritional Breakdown of 1/2 Cup Jasmine Rice
- Macronutrient Content and Its Impact
- Vitamins and Minerals in Jasmine Rice
- Health Benefits Associated with Jasmine Rice
- Considerations and Potential Drawbacks
- Incorporating Jasmine Rice into a Balanced Diet

Nutritional Breakdown of 1/2 Cup Jasmine Rice

The nutritional breakdown of 1/2 cup jasmine rice provides a foundation for understanding its contribution to daily dietary needs. Typically measured in its uncooked form, 1/2 cup of jasmine rice is equivalent to approximately 90 grams. This measurement is important because the nutritional values can vary slightly between cooked and uncooked rice due to water absorption during cooking.

On average, 1/2 cup of uncooked jasmine rice contains around 320 calories. This calorie content primarily stems from its carbohydrate concentration, making jasmine rice a high-energy food source. The serving size also includes modest amounts of protein and minimal fat content. The precise nutritional values can vary depending on the specific brand and processing method, but the following macronutrient estimations represent a reliable general guide.

Calories and Serving Size

Calories are a crucial metric when assessing 1/2 cup jasmine rice nutrition. With approximately 320 calories per half-cup serving, jasmine rice is considered energy-dense, providing sufficient fuel for bodily functions and physical activities. Understanding calorie content assists in meal planning and portion control, especially for individuals monitoring weight or energy intake.

Water and Fiber Content

Jasmine rice contains minimal dietary fiber, with roughly 1 gram per 1/2 cup serving. Fiber is essential for digestive health and satiety, and the low fiber content in jasmine rice suggests it should be complemented with other high-fiber foods. Water content in uncooked rice is negligible, but it increases significantly when cooked, affecting the final volume and texture.

Macronutrient Content and Its Impact

Macronutrients—carbohydrates, proteins, and fats—are the primary components of 1/2 cup jasmine rice nutrition. Understanding the balance of these nutrients is vital for assessing how jasmine rice supports energy needs and overall health.

Carbohydrates

Carbohydrates constitute the majority of calories in jasmine rice, making up approximately 72 grams per 1/2 cup uncooked serving. These carbohydrates are predominantly starches that provide a slow and steady release of glucose into the bloodstream, which is essential for brain function and muscle activity. However, jasmine rice has a relatively high glycemic index compared to other rice varieties, which can influence blood sugar levels more rapidly.

Protein Content

Jasmine rice contains about 6-7 grams of protein per 1/2 cup serving. While this amount contributes to daily protein requirements, it is not a complete protein source, as it lacks some essential amino acids. Therefore, it is best combined with other protein-rich foods such as legumes, meats, or dairy to ensure a balanced amino acid intake.

Fat Content

Fat content in jasmine rice is very low, typically less than 1 gram per 1/2

cup serving. This makes jasmine rice a low-fat food option, suitable for those aiming to reduce fat intake. The minimal fat content also means it does not significantly contribute to dietary cholesterol or saturated fat levels.

Vitamins and Minerals in Jasmine Rice

Beyond macronutrients, 1/2 cup jasmine rice nutrition includes several important vitamins and minerals that support overall health. Although jasmine rice is not a significant source of many micronutrients, it does provide trace amounts of some essential elements.

Key Vitamins

Jasmine rice contains small amounts of B vitamins, particularly thiamine (B1) and niacin (B3), which are vital for energy metabolism and nervous system function. These vitamins play a role in converting carbohydrates into usable energy and maintaining healthy skin and digestive systems.

Essential Minerals

The mineral content in jasmine rice includes magnesium, phosphorus, and potassium. These minerals contribute to bone health, muscle function, and maintaining fluid balance within the body. Although the quantities per 1/2 cup serving are modest, they do contribute to the overall micronutrient intake when jasmine rice is consumed regularly as part of a varied diet.

Trace Elements

Trace elements such as iron and zinc are present in minor amounts in jasmine rice. Iron is crucial for oxygen transport in the blood, while zinc supports immune function and wound healing. Since the levels of these minerals in jasmine rice are relatively low, individuals should seek additional sources to meet daily requirements.

Health Benefits Associated with Jasmine Rice

Consuming jasmine rice as part of a balanced diet provides several health benefits, mainly due to its nutritional composition and culinary versatility. Understanding these benefits helps clarify the role of jasmine rice in promoting wellbeing.

Energy Provision

The high carbohydrate content in jasmine rice makes it an excellent source of quick energy. This is particularly beneficial for athletes or individuals with high energy demands, as it replenishes glycogen stores in muscles effectively.

Gluten-Free Grain Option

Jasmine rice is naturally gluten-free, making it suitable for individuals with celiac disease or gluten sensitivity. This property allows it to be incorporated into diverse dietary plans without causing adverse reactions related to gluten intolerance.

Supports Digestive Health

Although jasmine rice is low in fiber, it is easy to digest and can be a good option for people with sensitive digestive systems or those recovering from gastrointestinal illnesses. Its gentle texture and bland flavor also make it a versatile base for nutrient-rich meals.

Considerations and Potential Drawbacks

While jasmine rice has many benefits, there are certain considerations to keep in mind regarding 1/2 cup jasmine rice nutrition, especially for individuals with specific health goals or conditions.

High Glycemic Index

Jasmine rice has a higher glycemic index compared to other rice varieties, which means it can cause a rapid increase in blood sugar levels. This may not be ideal for people with diabetes or those trying to manage blood sugar fluctuations. Monitoring portion sizes and pairing jasmine rice with fiber-rich vegetables or protein can help mitigate this effect.

Low Fiber Content

The relatively low fiber content in jasmine rice means it does not contribute significantly to digestive health or prolonged satiety. To enhance fiber intake, it is advisable to combine jasmine rice with legumes, vegetables, or whole grains in meals.

Nutrient Density

Compared to whole grain rice varieties like brown jasmine rice or other whole grains, white jasmine rice has reduced nutrient density because of the milling process that removes the bran and germ layers. This process decreases the content of vitamins, minerals, and antioxidants.

Incorporating Jasmine Rice into a Balanced Diet

Incorporating 1/2 cup jasmine rice nutrition into a balanced diet involves mindful preparation and pairing with complementary foods. Its versatility allows it to fit into various dietary patterns while contributing essential macronutrients and some micronutrients.

Pairing with Protein and Vegetables

To create a nutritionally balanced meal, jasmine rice should be combined with ample protein sources such as chicken, fish, tofu, or beans. Adding a variety of colorful vegetables enhances the meal's fiber, vitamin, and mineral content, supporting overall health and satiety.

Portion Control and Meal Planning

Managing portion sizes of jasmine rice is important to avoid excessive calorie intake, especially for individuals with weight management goals. Using 1/2 cup uncooked jasmine rice as a standard serving allows for consistent calorie tracking and balanced meal construction.

Alternative Cooking Methods

Cooking jasmine rice with minimal added fats and salt helps maintain its nutritional integrity. Opting for steaming or boiling methods preserves nutrients and keeps the dish healthy. Additionally, incorporating herbs and spices can enhance flavor without increasing calorie content.

- Combine jasmine rice with lean proteins and vegetables
- Monitor serving sizes to manage caloric intake
- Choose whole grain jasmine rice for increased fiber and nutrients
- Avoid excessive use of oils and salts during cooking
- Include a variety of grains in the diet for nutrient diversity

Frequently Asked Questions

How many calories are in 1/2 cup of cooked jasmine rice?

There are approximately 121 calories in 1/2 cup of cooked jasmine rice.

What is the carbohydrate content of 1/2 cup of jasmine rice?

1/2 cup of cooked jasmine rice contains about 26 grams of carbohydrates.

How much protein does 1/2 cup of jasmine rice provide?

1/2 cup of cooked jasmine rice provides roughly 2.5 grams of protein.

Is jasmine rice high in fat?

No, 1/2 cup of cooked jasmine rice contains less than 1 gram of fat, making it a low-fat food option.

Does 1/2 cup of jasmine rice contain dietary fiber?

Yes, it contains about 0.4 grams of dietary fiber per 1/2 cup serving.

What vitamins and minerals are found in 1/2 cup of jasmine rice?

1/2 cup of cooked jasmine rice contains small amounts of B vitamins (like niacin and thiamin), iron, and magnesium.

Is jasmine rice gluten-free in a 1/2 cup serving?

Yes, jasmine rice is naturally gluten-free, so a 1/2 cup serving is safe for people with gluten intolerance or celiac disease.

How does the glycemic index of jasmine rice affect blood sugar levels?

Jasmine rice has a medium to high glycemic index, so 1/2 cup serving can cause a moderate increase in blood sugar levels, which is important for people managing diabetes to consider.

Additional Resources

1. *The Nutritional Profile of Jasmine Rice: Understanding Half-Cup Servings*

This book explores the detailed nutritional content of jasmine rice, focusing specifically on the common serving size of half a cup. It breaks down macronutrients, vitamins, and minerals, offering insights into its health benefits and potential dietary roles. Readers will learn how jasmine rice fits into balanced meal plans and its impact on energy levels.

2. *Jasmine Rice and Healthy Eating: Portion Control and Nutrition*

A practical guide to managing portion sizes with jasmine rice, this book emphasizes the nutritional value of a half-cup serving. It includes tips for incorporating jasmine rice into various diets, including weight management and diabetes-friendly plans. The author also provides recipes and meal ideas that highlight this staple grain.

3. *Rice Grains and Wellness: A Focus on Jasmine Rice Nutrition*

This comprehensive book dives into the wellness benefits of jasmine rice, analyzing its nutritional components when consumed in half-cup portions. It discusses antioxidants, fiber content, and glycemic index, helping readers understand how jasmine rice can contribute to overall health. The book also compares jasmine rice to other rice varieties.

4. *Balancing Your Diet with Jasmine Rice: Nutritional Facts of a Half-Cup Serving*

Designed for nutrition enthusiasts and dietitians, this book provides an in-depth look at the nutritional facts of half a cup of jasmine rice. It offers scientific explanations of its carbohydrate profile, protein content, and essential nutrients. Additionally, it addresses common myths and facts about rice consumption.

5. *Jasmine Rice: A Nutritional Guide for Everyday Meals*

This user-friendly guide highlights the nutritional aspects of jasmine rice, focusing on the standard half-cup serving size. It includes information on calorie counts, macronutrient breakdown, and vitamins found in jasmine rice. The book also features meal planning advice for incorporating jasmine rice into a balanced diet.

6. *Smart Eating with Jasmine Rice: Nutrition Insights and Serving Sizes*

Targeting health-conscious readers, this book examines the nutrition of jasmine rice in half-cup servings and offers practical advice for smart eating habits. It covers how jasmine rice interacts with other food groups and its role in maintaining stable blood sugar levels. The author includes tips for selecting and cooking jasmine rice to maximize nutritional value.

7. *The Science of Jasmine Rice Nutrition: Half-Cup Serving Analysis*

This scientifically rigorous book analyzes the nutrient composition of jasmine rice, focusing on half-cup servings for accurate dietary assessment. It presents research findings on jasmine rice's impact on metabolism, heart health, and digestive function. Readers will gain a clear understanding of jasmine rice's place in a healthful diet.

8. *Jasmine Rice and Your Health: Nutritional Benefits of a Half-Cup Portion*

Focusing on the health benefits of jasmine rice, this book breaks down the nutritional advantages of consuming a half-cup portion. It highlights the rice's contributions to energy, nutrient intake, and overall wellness. The book also addresses common dietary concerns related to rice consumption, such as gluten sensitivity and carbohydrate intake.

9. *Everyday Nutrition: Jasmine Rice in Half-Cup Servings*

This book is ideal for those looking to understand the everyday nutritional value of jasmine rice measured in half-cup servings. It offers clear, concise information on calories, macronutrients, and micronutrients. The author provides tips for integrating jasmine rice into various dietary patterns, including vegetarian and gluten-free diets.

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