

1/4 cup cooked jasmine rice nutrition facts

1/4 cup cooked jasmine rice nutrition facts provide valuable insights into the caloric, macronutrient, and micronutrient content of this popular fragrant rice variety. Jasmine rice, known for its distinct aroma and soft texture, is a staple in many Asian cuisines and is increasingly consumed worldwide. Understanding the nutritional profile of a small serving size, such as 1/4 cup cooked jasmine rice, is essential for individuals monitoring their diet, managing weight, or aiming for balanced nutrition. This article delves into the detailed breakdown of calories, carbohydrates, proteins, fats, vitamins, and minerals found in this portion size. Additionally, it explores the health benefits, glycemic index, and how jasmine rice compares to other rice varieties. Readers will also find practical tips on incorporating jasmine rice into nutritious meal plans. The comprehensive analysis ensures a clear understanding of 1/4 cup cooked jasmine rice nutrition facts for informed dietary choices.

- Caloric and Macronutrient Composition
- Micronutrients and Vitamins in Jasmine Rice
- Health Benefits and Dietary Considerations
- Glycemic Index and Impact on Blood Sugar
- Comparison with Other Rice Varieties
- Incorporating Jasmine Rice into a Balanced Diet

Caloric and Macronutrient Composition

Examining the caloric and macronutrient content is fundamental to understanding the nutritional impact of 1/4 cup cooked jasmine rice. This portion size, which weighs approximately 43 to 50 grams when cooked, offers a modest number of calories primarily derived from carbohydrates.

Calories

1/4 cup cooked jasmine rice typically contains around 55 to 60 calories. This relatively low calorie count makes it suitable for those controlling energy intake or seeking portion-controlled servings.

Carbohydrates

Carbohydrates are the predominant macronutrient in jasmine rice. In 1/4 cup cooked, jasmine rice provides approximately 12 to 14 grams of carbohydrates. These carbohydrates primarily consist of starch, which serves as an important energy source for the body.

Protein

While jasmine rice is not a significant source of protein, 1/4 cup cooked contains roughly 1 to 1.2 grams of protein. This amount contributes modestly to the daily protein requirement but should be complemented with other protein-rich foods for a balanced diet.

Fat

Jasmine rice is low in fat, with 1/4 cup cooked containing less than 0.2 grams of fat. The negligible fat content makes it a heart-healthy choice when prepared without added oils or fats.

- Calories: 55-60 kcal
- Carbohydrates: 12-14 grams
- Protein: 1-1.2 grams
- Fat: < 0.2 grams

Micronutrients and Vitamins in Jasmine Rice

Beyond macronutrients, jasmine rice contains several essential vitamins and minerals, albeit in small amounts. These micronutrients contribute to overall health and are especially relevant when jasmine rice is part of a varied diet.

Minerals

1/4 cup cooked jasmine rice provides trace amounts of minerals such as magnesium, phosphorus, and potassium. These minerals play roles in bone health, muscle function, and electrolyte balance.

Vitamins

The vitamin content in jasmine rice is limited but includes small quantities of B vitamins, particularly niacin (vitamin B3) and thiamine (vitamin B1), which are vital for energy metabolism and nervous system function.

Fiber Content

Jasmine rice is generally low in dietary fiber, with 1/4 cup cooked containing less than 0.5 grams. This is because it is commonly sold as white rice, where the bran and germ are removed, reducing fiber content significantly.

Health Benefits and Dietary Considerations

Understanding the health benefits and dietary implications of consuming jasmine rice in controlled portions is important for making informed nutritional decisions.

Energy Source

Jasmine rice provides easily digestible carbohydrates, making it a quick and efficient energy source, especially for athletes or individuals with high energy demands.

Gluten-Free Option

Jasmine rice is naturally gluten-free, making it a suitable carbohydrate choice for those with celiac disease or gluten sensitivity.

Considerations for Weight Management

Due to its moderate calorie and carbohydrate content per 1/4 cup cooked serving, jasmine rice can be incorporated into weight management plans when portion sizes are carefully controlled.

- Provides rapid energy through carbohydrates
- Gluten-free and hypoallergenic
- Low in fat and sodium
- Low fiber content may not promote satiety

Glycemic Index and Impact on Blood Sugar

The glycemic index (GI) of jasmine rice is an important factor for individuals monitoring blood glucose levels, such as those with diabetes.

Glycemic Index Value

Cooked jasmine rice has a medium to high glycemic index, typically ranging between 68 and 80. This indicates that it can cause a moderate to rapid increase in blood sugar levels after consumption.

Implications for Blood Sugar Control

Because of its glycemic response, individuals with insulin resistance or diabetes should consume jasmine rice in moderation and balance it with fiber-rich foods, proteins, or healthy fats to mitigate blood sugar spikes.

Comparison with Other Rice Varieties

Comparing 1/4 cup cooked jasmine rice nutrition facts with other rice types helps contextualize its nutritional profile and suitability for different dietary needs.

Basmati Rice

Basmati rice has a similar caloric and carbohydrate content but generally has a lower glycemic index than jasmine rice, making it a preferred choice for blood sugar management.

Brown Jasmine Rice

Brown jasmine rice retains the bran layer, offering higher fiber and micronutrient content compared to white jasmine rice, which enhances satiety and nutritional value.

Sticky Rice

Sticky or glutinous rice has a slightly different composition with a higher glycemic index, which may affect blood sugar levels more significantly than jasmine rice.

- Calories and carbs are similar across varieties
- Brown jasmine rice offers more fiber and nutrients

- Glycemic index varies, impacting blood sugar differently
- Choice depends on dietary goals and preferences

Incorporating Jasmine Rice into a Balanced Diet

Incorporating 1/4 cup cooked jasmine rice into meals can contribute to a balanced diet when combined with nutrient-dense foods.

Portion Control

Measuring jasmine rice in small portions, such as 1/4 cup cooked servings, helps manage calorie and carbohydrate intake effectively.

Complementary Foods

Pairing jasmine rice with lean proteins, vegetables, and healthy fats enhances nutrient density and supports balanced blood sugar levels.

Preparation Tips

Cooking jasmine rice without added fats or excessive salt preserves its nutritional benefits. Using broth or spices can enhance flavor without compromising healthfulness.

- Measure portions precisely to control intake
- Combine with vegetables and protein for balance
- Avoid excess oils or sodium during preparation
- Use herbs and spices to enhance flavor naturally

Frequently Asked Questions

How many calories are in 1/4 cup of cooked jasmine rice?

1/4 cup of cooked jasmine rice contains approximately 51 calories.

What is the carbohydrate content in 1/4 cup of cooked jasmine rice?

1/4 cup of cooked jasmine rice has about 11.3 grams of carbohydrates.

How much protein is in 1/4 cup of cooked jasmine rice?

There are roughly 1 gram of protein in 1/4 cup of cooked jasmine rice.

What is the fat content in 1/4 cup of cooked jasmine rice?

1/4 cup of cooked jasmine rice contains less than 0.1 grams of fat, making it very low in fat.

Does 1/4 cup of cooked jasmine rice contain dietary fiber?

Yes, 1/4 cup of cooked jasmine rice contains approximately 0.2 grams of dietary fiber.

Is jasmine rice gluten-free, including 1/4 cup cooked servings?

Yes, jasmine rice is naturally gluten-free, so 1/4 cup of cooked jasmine rice contains no gluten.

What vitamins and minerals are found in 1/4 cup of cooked jasmine rice?

1/4 cup of cooked jasmine rice provides small amounts of vitamins and minerals like manganese, magnesium, and some B vitamins, but it is not a significant source of most micronutrients.

Additional Resources

1. The Complete Guide to Jasmine Rice Nutrition

This book dives deep into the nutritional profile of jasmine rice, including detailed information on serving sizes such as 1/4 cup cooked portions. It covers calories, macronutrients, and micronutrients, helping readers understand the health benefits of incorporating jasmine rice into their diet. Additionally, it provides tips on cooking methods that preserve the nutritional value of rice.

2. Healthy Eating with Jasmine Rice: Nutritional Facts and Recipes

Focusing on jasmine rice, this book combines nutritional facts with practical recipes that make healthy eating easy and delicious. It explains the nutritional content of various serving sizes, including 1/4 cup cooked rice, and offers meal ideas tailored to different

dietary needs. Perfect for those looking to balance taste and nutrition.

3. Rice and Nutrition: Understanding Your Grain Choices

This comprehensive guide compares different types of rice, with a special emphasis on jasmine rice and its nutritional content per serving. It provides insights into how 1/4 cup cooked jasmine rice stacks up against other grains in terms of calories, carbs, protein, and fiber. The book also discusses the role of rice in a balanced diet.

4. Portion Control and Nutrition: The Role of Cooked Rice

Focusing on portion sizes, this book highlights the importance of measuring cooked rice servings, such as 1/4 cup, to manage calorie intake effectively. It breaks down the nutritional facts of jasmine rice and explains how portion control can aid in weight management and overall health. Readers will find practical advice for incorporating rice into their meals without overconsumption.

5. Understanding Carbohydrates: A Closer Look at Jasmine Rice

This book provides an in-depth look at the carbohydrate content found in jasmine rice, particularly in measured servings like 1/4 cup cooked. It explains how the carbs in jasmine rice affect blood sugar levels and energy metabolism. The book is ideal for individuals monitoring their carb intake for health reasons such as diabetes or fitness goals.

6. The Science of Rice Cooking and Nutrition

Exploring both the science behind cooking rice and its nutritional implications, this book includes detailed information on the changes in nutrients when jasmine rice is cooked. It offers nutritional facts for various serving sizes, including 1/4 cup cooked rice, and discusses how cooking methods can alter the rice's health benefits.

7. Jasmine Rice in a Balanced Diet: Nutritional Insights

This book emphasizes the role of jasmine rice as part of a balanced diet, providing detailed nutritional data for typical serving sizes like 1/4 cup cooked. It discusses vitamins, minerals, and other nutrients present in jasmine rice and offers guidance on combining rice with other food groups for optimal nutrition.

8. Calories and Nutrients: The Essentials of Cooked Rice Servings

A straightforward guide focusing on the calorie and nutrient content of cooked rice servings, including the 1/4 cup portion size of jasmine rice. It helps readers understand how to count calories and track nutrients effectively when rice is part of their meals. The book also offers tips for making healthier rice-based dishes.

9. Meal Planning with Jasmine Rice: Nutrition and Serving Sizes

This book aids readers in planning meals that include jasmine rice by providing clear nutritional facts about different portion sizes, especially 1/4 cup cooked servings. It includes meal plans and recipes designed to fit various dietary goals such as weight loss, muscle gain, or heart health. The practical approach makes it easy to incorporate jasmine rice into everyday eating routines.

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