

100g cooked jasmine rice nutrition

100g cooked jasmine rice nutrition is a frequently sought topic among health-conscious individuals and culinary enthusiasts alike. Understanding the nutritional profile of jasmine rice, especially in its cooked form, is essential for those tracking their dietary intake or managing specific health conditions. This article delves into the detailed nutrition facts of 100 grams of cooked jasmine rice, exploring its macronutrient composition, vitamin and mineral content, and its role in a balanced diet. Moreover, comparisons with other rice varieties and tips on how to incorporate jasmine rice healthily will be discussed. The goal is to provide a comprehensive, authoritative resource on the subject of 100g cooked jasmine rice nutrition for optimized dietary planning and enhanced wellness.

- **Macronutrient Composition of 100g Cooked Jasmine Rice**
- **Vitamins and Minerals Present in Jasmine Rice**
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Macronutrient Composition of 100g Cooked Jasmine Rice

Calories and Energy Content

One of the primary concerns when examining 100g cooked jasmine rice nutrition is its caloric value. Typically, 100 grams of cooked jasmine rice contains approximately 130 to 140 calories, making it a moderate energy source. This energy primarily comes from carbohydrates, which form the bulk of its macronutrient profile. The calorie content is significant for individuals aiming to manage their weight or balance energy intake for physical activity.

Carbohydrates

Cooked jasmine rice is predominantly composed of carbohydrates, providing roughly 28 to 31 grams per 100 grams serving. These carbohydrates are mainly starches, which are a vital energy source for the body. Due to its high glycemic index, jasmine rice carbohydrates are rapidly digested and absorbed, leading to a quick rise in blood glucose levels. This characteristic is important for those monitoring blood sugar levels, such as individuals with diabetes.

Protein Content

In addition to carbohydrates, 100g cooked jasmine rice contains about 2 to 3 grams of protein. Although it is not a rich protein source compared to legumes or meat, jasmine rice contributes to the overall daily protein intake. The protein in jasmine rice is considered incomplete as it lacks some essential amino acids, which is why it is often combined with other protein sources in meals.

Fat Content

Jasmine rice is low in fat, with less than 1 gram of fat per 100 grams cooked serving. Most of this fat is unsaturated, contributing minimally to daily fat intake. The low fat content makes jasmine rice a suitable option for low-fat diets and for those looking to reduce saturated fat consumption.

Dietary Fiber

Although jasmine rice contains some dietary fiber, the amount in 100g cooked jasmine rice is relatively low, generally around 0.4 to 0.6 grams. This is because jasmine rice is typically polished and refined, which removes much of the bran layer where fiber is concentrated. Higher fiber intake is beneficial for digestive health and blood sugar regulation, so pairing jasmine rice with fiber-rich foods is advisable.

Vitamins and Minerals Present in Jasmine Rice

Essential Vitamins

Jasmine rice provides small amounts of several essential vitamins, particularly B vitamins such as thiamine (B1), niacin (B3), and vitamin B6. These vitamins play crucial roles in energy metabolism and nervous system function. However, the levels of vitamins in 100g cooked jasmine rice are modest compared to other food sources, so it should not be relied upon as a primary vitamin source.

Mineral Content

Minerals found in jasmine rice include magnesium, phosphorus, potassium, and small amounts of iron and zinc. Magnesium and phosphorus are vital for bone health and energy production, while potassium supports cardiovascular function. The mineral content contributes to the overall nutritional value of jasmine rice but is generally considered moderate.

Micronutrient Summary

- Thiamine (Vitamin B1): Supports energy metabolism
- Niacin (Vitamin B3): Important for skin and digestive health
- Vitamin B6: Involved in protein metabolism
- Magnesium: Essential for muscle and nerve function
- Phosphorus: Critical for bone strength and repair
- Potassium: Helps regulate blood pressure and fluid balance
- Iron: Necessary for oxygen transport in blood
- Zinc: Supports immune function and wound healing

Health Benefits and Considerations

Energy Provision and Satiety

Due to its high carbohydrate content, 100g cooked jasmine rice nutrition supports rapid energy provision. This makes it a valuable food for athletes or individuals with high energy demands. However, because of its relatively low fiber and protein, it may not promote long-lasting satiety when consumed alone.

Glycemic Index and Blood Sugar Impact

Jasmine rice has a high glycemic index (GI), which means it can cause a rapid spike in blood glucose levels post-consumption. This characteristic is significant for people with insulin resistance or diabetes, who may need to moderate intake or combine jasmine rice with low-GI foods to reduce glycemic impact.

Gluten-Free Grain

Jasmine rice is naturally gluten-free, making it a safe carbohydrate choice for individuals with celiac disease or gluten sensitivity. Its gluten-free nature allows it to be incorporated into diverse dietary patterns without concern for gluten-related adverse effects.

Potential Allergens and Sensitivities

While rare, some individuals may exhibit sensitivity or allergies to rice proteins. Careful observation and consultation with healthcare professionals are advised if any adverse reactions occur after consuming jasmine rice.

Comparison with Other Rice Varieties

Nutritional Differences

Compared to other rice types such as basmati, brown, or wild rice, 100g cooked jasmine rice nutrition presents both similarities and differences. Brown jasmine rice, which retains the bran, has higher fiber content and more micronutrients than white jasmine rice. Basmati rice typically has a lower glycemic index than jasmine rice, making it a preferred option for blood sugar management.

Flavor and Culinary Uses

Jasmine rice is prized for its fragrant aroma and slightly sticky texture, which distinguishes it from other rice varieties. This characteristic affects its culinary applications, often favored in Southeast Asian cuisine. Nutritionally, flavor preferences may influence the choice of rice but do not significantly alter the macronutrient profile.

Summary of Comparative Nutritional Values

- **White Jasmine Rice:** Moderate calories, high GI, low fiber
- **Brown Jasmine Rice:** Higher fiber and micronutrients, lower GI
- **Basmati Rice:** Lower GI, similar calories, moderate fiber
- **Wild Rice:** Higher protein and fiber, lower GI

Incorporating Jasmine Rice into a Balanced Diet

Serving Suggestions for Optimal Nutrition

To maximize the nutritional benefits of 100g cooked jasmine rice nutrition, it is recommended to pair it with protein-rich foods such as legumes, poultry, or tofu. Adding

vegetables increases fiber and micronutrient intake, enhancing overall meal quality. Utilizing herbs and spices can also contribute antioxidants and flavor without extra calories.

Portion Control and Meal Planning

Considering the caloric and carbohydrate density of jasmine rice, portion control is essential, especially for individuals managing weight or blood sugar. A typical serving of 100 grams cooked is a reasonable portion, but adjustments may be necessary based on individual energy requirements and dietary goals.

Cooking Methods to Preserve Nutrients

Cooking jasmine rice with minimal water absorption and avoiding excessive rinsing helps retain vitamins and minerals. Steaming or boiling with precise water ratios can optimize texture and nutrition. Avoiding added fats or excessive salt improves the healthfulness of the dish.

- Combine jasmine rice with lean proteins and vegetables
- Control portions to fit individual dietary needs
- Use healthy cooking techniques like steaming
- Limit added fats and sodium for heart health
- Consider brown jasmine rice for increased fiber

Frequently Asked Questions

How many calories are in 100g of cooked jasmine rice?

100g of cooked jasmine rice contains approximately 130 to 140 calories.

What is the carbohydrate content in 100g of cooked jasmine rice?

There are about 28 to 30 grams of carbohydrates in 100g of cooked jasmine rice.

How much protein does 100g of cooked jasmine rice provide?

100g of cooked jasmine rice provides around 2 to 3 grams of protein.

What is the fat content in 100g of cooked jasmine rice?

The fat content in 100g of cooked jasmine rice is very low, typically around 0.2 to 0.4 grams.

Does 100g of cooked jasmine rice contain dietary fiber?

Yes, it contains a small amount of dietary fiber, usually about 0.4 to 0.6 grams per 100g.

Is cooked jasmine rice gluten-free in 100g servings?

Yes, jasmine rice is naturally gluten-free, so 100g of cooked jasmine rice contains no gluten.

What vitamins and minerals are found in 100g of cooked jasmine rice?

100g of cooked jasmine rice contains small amounts of vitamins and minerals like B vitamins (thiamine, niacin), iron, and magnesium.

How does the glycemic index of 100g cooked jasmine rice affect blood sugar?

Cooked jasmine rice has a medium to high glycemic index, which means 100g servings can raise blood sugar levels moderately to quickly.

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 its macronutrients, vitamins, and minerals per 100g cooked serving. It explores the health benefits and potential dietary roles of jasmine rice in various cuisines. Readers will gain insights into how jasmine rice compares to other rice varieties and grains.

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

Combining practical recipes with nutritional analysis, this book offers a holistic approach to incorporating jasmine rice into a balanced diet. Each recipe includes calorie counts and nutrient breakdowns for 100g cooked servings. The book also discusses portion control and meal planning tips for health-conscious individuals.

3. Understanding Carbohydrates: Jasmine Rice in Your Diet

Focusing on the carbohydrate content of jasmine rice, this book explains how jasmine rice impacts blood sugar levels and energy metabolism. It provides guidance for those managing diabetes or following low-GI diets, highlighting how 100g of cooked jasmine rice can fit into their meal plans. Nutritional comparisons with other carbohydrate sources are also featured.

4. Jasmine Rice and Weight Management: Nutritional Insights

This book examines the role of jasmine rice in weight management and calorie control. It

discusses the calorie density and satiety factors of 100g cooked jasmine rice servings. Readers will find strategies for integrating jasmine rice into diets aimed at weight loss or maintenance without sacrificing flavor or satisfaction.

5. The Science of Rice: Nutrient Composition and Health Effects

Providing a scientific perspective, this book explores the chemical makeup and nutritional value of jasmine rice. It covers the vitamins, minerals, and antioxidants found in 100g cooked servings, as well as the effects on cardiovascular health, digestion, and overall wellness. The book is ideal for nutritionists and food scientists.

6. Gluten-Free Grains: Jasmine Rice Nutrition and Benefits

Targeted towards gluten-sensitive individuals, this book highlights jasmine rice as a nutritious gluten-free grain option. It details the macronutrient profile per 100g cooked serving and discusses how jasmine rice can be used in gluten-free diets. Meal ideas and nutritional comparisons with other gluten-free grains are included.

7. From Field to Table: The Journey of Jasmine Rice and Its Nutritional Value

Tracing the cultivation, processing, and cooking of jasmine rice, this book emphasizes how these stages affect its nutritional content. It provides a breakdown of the nutrients present in 100g cooked jasmine rice and discusses factors that influence its health benefits. The book also includes cultural and historical context.

8. Balanced Diets with Jasmine Rice: Portion Control and Nutritional Guidelines

This practical guide focuses on how to incorporate jasmine rice in balanced meals with appropriate portion sizes. It explains the nutritional impact of consuming 100g cooked jasmine rice and how to pair it with proteins, vegetables, and fats for optimal health. Tips for mindful eating and meal preparation are also featured.

9. Jasmine Rice: A Nutritional Powerhouse in Asian Cuisine

Exploring the central role of jasmine rice in Asian diets, this book highlights its nutritional qualities per 100g cooked serving. It discusses traditional cooking methods and their effects on nutrient retention. Readers will learn about the cultural significance and health aspects of jasmine rice consumption in various Asian countries.

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