

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
- Health Benefits and Considerations
- Comparison with Other Rice Varieties
- Incorporating Jasmine Rice into a Balanced Diet

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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100g cooked jasmine rice nutrition: Macros Made Easy Danielle Lima, 2024-01-16

Scrumptious, Macro-Friendly Recipes For Every Meal If you thought tracking your macros meant never indulging in your favorite foods, think again! Danielle Lima, creator of the popular food blog Oh Snap Macros, provides 60 standout recipes for delicious meals to keep you on track no matter your goals. She'll walk you through what macronutrients actually are, as well as her best strategies, tips and tricks for tracking them effectively so you'll be a pro at hitting your protein, fat and carbs for the day. Prepare to be blown away as you dive into all of the mouthwatering recipes offered, including: Chipotle Breakfast Sandwich Steak Fettuccine Alfredo Chicken Potpie Pasta Blackened Salmon Fajitas Creamy Mediterranean Halibut Buffalo Chicken Stuffed Peppers Sun-Dried Tomato and Arugula Burgers High-Protein Mac and Cheese Regardless of where you're starting from, Macros Made Easy will show you how simple it is to achieve your health and nutrition goals.

100g cooked jasmine rice nutrition: Nutrition for Sport, Exercise, and Performance

Adrienne Forsyth, Evangeline Mantzioris, Regina Belski, 2024-03-29 Nutrition for Sport, Exercise, and Performance offers a clear, practical, and accessible guide to building a comprehensive understanding of sport and exercise nutrition from leading experts in nutrition and exercise science. Nutrition before, during, and after training or a sporting event can improve the comfort, energy, and

performance of athletes of all levels, from elite to recreational, as well as providing long-term health benefits. As such, nutrition is a key element of an athlete's health and performance strategy, whether competing recreationally or at an elite level. Split into three parts, this new and revised edition of Nutrition for Sport, Exercise, and Performance provides an evidence-based introduction to nutrition for sport, exercise, and performance. Part I focusses on nutrition and sport science by explaining key principles underpinning sports nutrition science, including energy systems, exercise physiology and metabolism, and the digestion and absorption of macronutrients and micronutrients essential for performance and discusses factors influencing dietary intake, energy availability, and the process of dietary assessment. Part II is focussed on nutrition for exercise, pre- and post-training, hydration, supplements, and body composition measurement and modification. The final part (Part III) focusses on applied sports nutrition for a range of sports and athletes. This second edition delivers new insights into working with female athletes, occupational athletes, and athletes in contemporary sports including sport climbing, surfing, skateboarding, and breaking. Featuring contributions from a range of sport and exercise nutrition professionals with practical sports nutrition strategies and the latest evidence and practice guidelines, this is a core reference for undergraduate students, sports professionals, and aspiring athletes alike.

100g cooked jasmine rice nutrition: Tasty High Protein Fraser Reynolds, 2023-12-28 THE TOP 10 SUNDAY TIMES BESTSELLER Fuss-free, filling and slimming food that everyone will love PE teacher turned qualified nutrition coach, Fraser Reynolds is on a mission to prove that a diet doesn't have to be bland, boring or restrictive. Whether you're looking to lose fat, gain muscle or reach your macro targets, Fraser's food will help you achieve your health and diet goals while eating the food you love. With 100 high-protein recipes including calorie counts, nutritional information and barcodes to scan your meals straight into your food tracking app, this book is packed with delicious food for the whole family. Get stuck in to a comforting Dauphinoise Chicken Pie, a punchy plate of Crispy Chilli Beef, a quick Crusted Salmon Burger, or a Hearty Veggie Chilli all under 600 calories, including sides. Sections include: Air Fryer & Slow Cooker Brunch Quick Bites Family Favourites Fakeaway & Meal Prep Sunday Times Bestseller No.10 in Manuals January 2024

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100g cooked jasmine rice nutrition: *East by West* Jasmine Hemsley, 2017-11-02 Winner of the 2018 Hearst Big Books Award (Women's Health and Wellbeing) *East by West* is the first solo cookbook from bestselling author, cook and TV presenter Jasmine Hemsley, co-founder of Hemsley + Hemsley. Featuring 140 delicious recipes from around the world, *East by West* champions the ancient Ayurvedic philosophy of eating to nourish, sustain and repair for ultimate mind-body balance. Jasmine continues her passion for balancing body, mind and spirit amidst the challenges of our fast-paced day-to-day lives, through real food and tasty home cooking. With a focus on listening to your body, eating when you're hungry, being conscious of what you're eating when you're eating it and choosing foods that are right for your mood from day to day, *East by West* is a modern take on the Ayurvedic principles. With classic Ayurvedic comfort dishes from Golden Milk to Kitchari and great family sharing dishes Sesame Roast Chicken to Saffron Millionaire Cheesecake, the book has something for every taste (bringing to life store cupboard basics to create dishes) from super simple to simply special. A global range of recipes, together with simple mindful rituals and a classic cleanse to revisit when your energy levels need a boost help the book bring Ayurveda to life in a fresh and friendly way. Packed with beautiful colour photography and inspired by Jasmine's personal journey with food and healthy living, *East by West* represents a delicious evolution of the ideas explored in Hemsley + Hemsley bestsellers *Good + Simple* and *The Art of Eating Well*.

100g cooked jasmine rice nutrition: The Cycling Chef: Recipes for Getting Lean and Fuelling the Machine Alan Murchison, 2021-03-04 'I can't think of a finer chef to have written a book on nutrition and diet for athletes' - Tom Kerridge 'Top meals from the Michelin-starred chef who is also a champion athlete... Catnip for the style-obsessed, Rapha-wearing aficionado' - The Times 'Alan's food is simple, yet tasty and powerful. He's been a key component for my training and racing.' - Alex Dowsett, World Tour rider, former World Hour Record Holder and national champion 'Alan has completely changed my perception of what an athlete's diet can look like.' - Elinor Barker, multiple world champion and Olympic gold medallist A must-have recipe book designed for cyclists of all levels, written by Alan Murchison - a Michelin-starred chef and champion athlete who now cooks for elite athletes. As a cyclist, you can have the most amazing diet, but if that isn't balanced with the right training load, you can still end up piling on the pounds, which will slow you down. Michelin-starred chef and leading sports nutritionist Alan Murchison reveals how you can enjoy delicious, nutritionally balanced food and achieve sustainable long-term weight loss whilst positively impacting your cycling performance. A follow-up to Alan's award-winning *The Cycling Chef*, this is flavoursome food to get you lean and make you go faster.

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100g cooked jasmine rice nutrition: Rice in Human Nutrition Bienvenido O. Juliano, Food and Agriculture Organization of the United Nations, 1993 On title page & cover: International Rice Research Institute

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How much does titanium cost per 1 gram? - Answers The cost of pure titanium is \$661 per 100g, so for 1 gram it is \$6.61

How many calories are there in 100g of Eucalyptus leaves? Eucalyptus leaves contain approximately 50-60 calories per 100 grams. However, they are not typically consumed in large quantities due to their strong flavor and medicinal

How many 100g in 3 kg? - Answers Therefore, 3 kilograms is equal to 3000 grams. To find out how many 100g are in 3 kg, you need to divide 3000 grams by 100g, which equals 30. So, there are 30 units of 100g in

How many ozs of knitting wool is there in 100 grams of - Answers To convert the number of grams of wool into the number of ounces of wool, having the conversion is handy. That conversion is that there are 0.0352739619 ounces in 1gram.

100 g of egg whites equals how many cups? - Answers 100 g egg whites, assuming large eggs, are approximately 0.37 cups (a bit more than 1/3 cup). This was computed as follows: 1 large egg white = 2 1/4 tablespoons 1 large egg

What is greater 1kg or 100g? - Answers To compare the weights of 1kg 100g and 0.5t, we need to convert them to the same unit of measurement. 1kg is equal to 1000g, so 1kg 100g is equivalent to 1100g. Similarly, 0.5t

Which is heavier 1kg 100g 0.5t? - Answers To compare the weights of 1kg 100g and 0.5t, we need to convert them to the same unit of measurement. 1kg is equal to 1000g, so 1kg 100g is equivalent to 1100g.

What is the nutritional value of frog meat? - Answers Nutrition and Calories in Frog Legs (Raw) Water content (grams per 100g) 81.9 Calorie content of Food (kcal per 100g/3.5oz) 73 Protein content (grams per 100g) 16.4 Fat

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