Calorie chart: rice (PDF)

Calories, protein, carbohydrate and fat for 31 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Brown Rice	1 cup (202 g)	248	**123**	2.7	25.6	1
Chinese Restaurant Steamed White Rice	1 cup, loosely packed (132 g)	199	**151**	3.2	33.9	0.3
Dry Brown Rice	1 cup (185 g)	679	**367**	7.5	76.3	3.2
Dry White Rice	1 cup (185 g)	675	**365**	7.1	80	0.7
Instant Rice	1 cup (165 g)	205	**124**	2.2	26.8	0.5
Instant White Rice Dry	1 cup (95 g)	361	**380**	7.8	82.3	0.9
Long-Grain White Rice Unenriched Cooked	1 cup (158 g)	205	**130**	2.7	28.2	0.3
Long-Grain White Rice Unenriched Raw	1 cup (185 g)	675	**365**	7.1	80	0.7
Medium-Grain Brown Rice Cooked	1 cup (195 g)	218	**112**	2.3	23.5	0.8
Medium-Grain Brown Rice Raw	1 cup (190 g)	688	**362**	7.5	76.2	2.7
Medium-Grain White Rice Enriched Cooked	1 cup (186 g)	242	**130**	2.4	28.6	0.2
Medium-Grain White Rice Enriched Raw	1 cup (195 g)	702	**360**	6.6	79.3	0.6
Medium-Grain White Rice Unenriched Cooked	1 cup (186 g)	242	**130**	2.4	28.6	0.2
Medium-Grain White Rice Unenriched Raw	1 cup (195 g)	702	**360**	6.6	79.3	0.6
Parboiled Rice	1 cup (158 g)	194	**123**	2.9	26.1	0.4
Parboiled Rice Enriched Dry	1 cup (185 g)	692	**374**	7.5	80.9	1
Parboiled Rice Unenriched Cooked	1 cup (158 g)	194	**123**	2.9	26.1	0.4
Parboiled Rice Unenriched Dry	1 cup (185 g)	692	**374**	7.5	80.9	1
Short Grain Rice	1 cup (186 g)	242	**130**	2.4	28.7	0.2
Short-Grain White Rice Enriched Raw	1 cup (200 g)	716	**358**	6.5	79.2	0.5
Short-Grain White Rice Unenriched Cooked	1 cup (205 g)	267	**130**	2.4	28.7	0.2
Short-Grain White Rice Unenriched Raw	1 cup (200 g)	716	**358**	6.5	79.2	0.5
Sticky Rice	1 cup (174 g)	169	**97**	2	21.1	0.2
Sticky Rice Uncooked	1 cup (185 g)	685	**370**	6.8	81.7	0.6
Uncle Ben's Parboiled Brown Rice Cooked	1 cup (155 g)	228	**147**	3.1	31.3	0.9
Uncle Ben's Parboiled Brown Rice Dry	1/4 cup (48 g)	178	**370**	7.6	78.7	2.8
White Rice	1 cup (158 g)	205	**130**	2.7	28.2	0.3
White Rice Enriched Cooked with Salt	1 cup (158 g)	205	**130**	2.7	28.2	0.3
White Rice Unenriched Cooked with Salt	1 cup (158 g)	205	**130**	2.7	28.2	0.3
Wild Rice	1 cup (164 g)	166	**101**	4	21.3	0.3

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Wild Rice Raw	1 cup (160 g)	571	**357**	14.7	74.9	1.1

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight.
Interactive tables and Nutrition Facts labels: https://nutritionfactlabel.com/nutrition-database/rice/