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filling grain that can be eaten on its own added to other dishes served as a side or even made into tasty desserts there are many different ways to cook rice and some of the most popular include boiling and steaming web rice is the staple food of over half the world s population it is the predominant dietary energy source for 17 countries in asia and the pacific 9 countries in north and south america and 8 countries in africa rice provides 20 of the world s dietary energy supply while wheat supplies 19 and maize corn 5 web jan 11 2022 the following nutrition information is provided by the usda for 1 cup 186g of cooked enriched short grain white rice 1 calories 242 fat 0 4g sodium 0mg carbohydrates 53 4g fiber 0 6g sugars 0g protein 4 4g manganese 0 7mg iron 2 7mg thiamin 0 3mg carbs there are over 53 grams of carbohydrate in a single serving of

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