



## SONA MASURI RICE

**Sona masoori** is a type of Indian white rice, mostly grown in the areas of Andhra Pradesh/Telangana and Karnataka in India. It is a medium-grain, aromatic rice that is lightweight and low in starch. Sona masoori is typically used in dishes such as sweet pongal, biryani, idlis and fried rice. Knowing its nutrition information can help you determine how it fits into your meal plan.

**Calories:** A 45-gram serving of dry sona masoori rice, which is equivalent to about 1 cup of cooked rice, contains 160 calories. By comparison, a 45-gram serving of uncooked long-grain rice contains 164 calories. Balancing your calorie intake is essential for weight maintenance and long-term health. Knowing the amount of calories in a serving of sona masoori rice can make it easier for you to track and balance your calorie intake.

**Carbohydrates:** Most the calories in the sona masoori rice come from its carbohydrate content. That same 45-gram serving of dry rice contains 35 grams of carbohydrates. Sona masoori rice does not contain any fiber. Carbohydrates are an essential nutrient, and should provide most of your caloric intake. They provide your body with energy and promote the proper functioning of your heart, brain, liver and kidneys. The Dietary Guidelines for Americans, 2010 recommend that you obtain 45 to 65 percent of your calories from carbohydrates, most of which should derive from nutritious foods. While moderate amounts of low-fiber grains fit within a healthy diet, choose higher fiber varieties, such as brown rice, wild rice and oats, most often.

### Specifications :

Type	SONA MASOORI RICE
Length	5.29 mm
Moisture	13% max
Sortex	100% Xmax
Broken	0% max

### Details

<b>Place of Origin</b>	: India
<b>Product Condition</b>	: New
<b>FOB Price</b>	: AED 38
<b>Minimum Order Quantity</b>	: 1container
<b>Supply Ability</b>	: Ready Stock

### Packaging & Delivery

<b>Packaging Detail</b>	: 18 kg packaging
<b>Delivery Detail</b>	: Shipment Charges Extra