



Favorite Food- Jasmine Rice

Four macromolecules in jasmine rice



Protein

Jasmine Rice has about 3g of protein.

Carbohydrates

Jasmine Rice has about 39g of carbs .



Fatty Acid

Jamine Rice contains Palmitic acid, which is a saturated fatty acid.

DNA

Vitamins are vital for warding off disease and staying healthy.



Lipids

Jasmine Rice has about 0.48g of lipids. That is a very small trace.

Vitamins

Jasmine Rice contains no vitamins, but it does have 2mg of calcium, 31mg of potassium, and 0.5mg of iron..

