

# BEATEN RICE

# SPECIFICATION

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- Product Name - Beaten Rice
- Origin - India

# INGREDIENTS

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- Nutrients - Calories - 100 kcal, Total Carbohydrate 20 g , Dietary Fiber 2 g
- Minerals - Vitamin C, Vitamin B1
- Protein - 3 g
- Fats - 1g

# USES & BENEFITS

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- Beaten Rice can be consumed in different ways like soaking raw in water, fried, with curd or milk or after cooking the soaked one. Beaten Rice can be cooked on short notice and is thus a convenient food item.
- Beaten Rice is also used in making snacks and mixtures. It is a famous food item especially in roadside eateries, in dhabas, Hostels and such other places.
- Beaten Rice is good for diabetics. As it is rich in fiber, it promotes a slow and steady release of sugar into the bloodstream.
- Beaten Rice consists of 76.9% of carbohydrates and about 23% of fats. The healthy carbs are good for the body and provide the energy to the body to carry out its functions.

