

Nutritional analysis of TRVs

All values are expressed per 100g of the produce

S.No	Name of the rice variety	Status	Moisture g	Total Ash g	Total protein g	Total fat g	Dietary fibre g	Carbohydrate g	Energy Kcal	Potassium mg	Iron mg	Calcium mg	Magnesium mg	Zinc mg	Phosphorus mg
1	Adukku Nel	Boiled	11.15	1.37	9.39	2.10	1.60	74.39	354.02	253.90	3.70	34.00	86.10	1.80	284.0
2	Ambemohar	Boiled	12.12	1.63	9.13	1.44	1.34	74.34	346.84	271.50	7.60	37.60	94.90	1.50	330.0
3	Anandano or Sanna	Raw	12.1	0.52	10.9	0.39	1.36	76.1	351	76.8	2.84	8.82	64.2	0.19	216
4	Arikiravi	Boiled			8.56						1.2	11.05		2.06	
5	Arubatham Kuruvai	Raw	12.6	1.18	9.18	0.4	1.80	76.6	347	98.0	2.75	35.0	143	0.21	414
6	Aanaikomban	Boiled			10.35						4.2	14.47		2.11	
7	Illuppaipoo Samba	Raw	11.14	0.54	9.47	1.85	BDL (DL:1.0)	77.00	362.53	86.60	3.40	22.10	28.60	1.80	119.1
8	Iravai Pandi	Boiled	11.48	1.31	9.68	0.59	1.87	75.07	344.31	229.00	3.60	44.30	82.70	1.50	254.3
9	Orissa Vaasanai Seeraga Samba	Raw	11.00	1.31	8.43	2.66	BDL (DL:1.0)	76.60	364.00	120.70	1.70	20.10	38.80	1.50	127.7
10	Ottadai	Boiled	11.52	1.42	8.42	1.80	1.20	75.64	352.00	232.30	3.50	29.40	91.60	1.90	235.4
11	Katcha Koomvazhai	Boiled			9.28						1.5	11.57		2.4	
12	Katta Samba	Boiled	10.82	1.59	7.82	1.82	-	77.63	358.18	191	2.1	20.6	79.5	1.8	
13	Kappakar	Boiled	12.40	1.48	8.60	1.19	2.34	73.99	341.07	244.80	7.90	30.10	124.40	1.90	323.4
14	Kamban Samba	Raw	11.98	0.46	9.49	0.50	BDL (DL:1.0)	77.57	352.74	75.30	2.60	23.70	27.80	1.50	112.4
15	Kallimadaiyaan	Boiled			8.39						1.4	11.92		2.78	
16	Kallumuthan	Boiled			7.62						1.5	10.85		2.18	
17	Kallundai	Boiled	10.83	1.39	7.54	3.59	-	75.83	365.79	219.5	12.1	58.2	108.3	2.1	
18	Kallurundaiyan	Boiled	10.8	1.67	8.29	2.09	1.84	77.2	361	126	3.16	52.1	142	0.23	498
19	Kaliyan Samba	Boiled	12.19	1.32	9.79	1.20	2.06	73.44	343.72	237.40	2.60	45.10	86.20	1.90	289.7

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20	<i>Karikalava</i>	<i>Boiled</i>			8.89						1.4	9.66		2.05	
21	<i>Karungkuruvai</i>	<i>Boiled</i>	11.84	1.54	8.22	1.91	1.92	74.57	348.35	249.70	7.60	37.70	94.70	2.80	344.5
22	<i>Karuppu Kowni</i>	<i>Boiled</i>	12.19	2.80	8.94	1.42	3.64	71.01	332.58	254.60	6.50	36.90	112.80	1.60	313.6
23	<i>Karuppu Seeraga Samba</i>	<i>Raw</i>			9						1.3	9.53		2.33	
24	<i>Karuthakar</i>	<i>Boiled</i>	10.49	2.18	6.36	2.41	-	77.84	358.49	17.4	BDL (DL:1.0)	34.8	29.4	5	
25	<i>Garudan Samba</i>	<i>Boiled</i>	12.08	1.41	8.85	2.29	1.20	74.17	352.69	231.60	5.60	35.10	89.00	1.40	270.3
26	<i>Kalarpalai</i>	<i>Raw</i>	11.16	0.50	9.15	0.90	BDL (DL:1.0)	78.29	357.86	149.90	1.70	28.00	28.20	2.00	105.5
27	<i>Kaatu Kuthalam</i>	<i>Boiled</i>			8.34						3.1	10.69		2.2	
28	<i>Kaatu Vanibam</i>	<i>Boiled</i>			9.42						3.38	16.14		2.74	
29	<i>Kadaikazhuthan</i>	<i>Boiled</i>	12.31	1.50	9.70	2.84	1.26	72.39	353.92	237.10	4.90	42.50	83.10	1.40	266.8
30	<i>Kalanamak</i>	<i>Raw</i>	11.1	1.11	11.3	1.02	2.32	75.5	356	113	2.22	17.9	136	0.23	276
31	<i>Kaatuyanam</i>	<i>Raw</i>	11.9	1.33	7.64	2.07	0.8	77.1	357	130	1.63	34.5	136	0.19	392
32	<i>Kitchilli Samba</i>	<i>Raw</i>	11.70	0.56	9.02	0.92	BDL (DL:1.0)	77.80	355.56	112.40	5.40	30.00	31.40	1.60	144.7
33	<i>Kudaivazhai</i>	<i>Boiled</i>	11.21	1.53	8.28	2.76	2.58	73.64	353.00	279.00	7.10	35.20	108.20	2.40	308.6
34	<i>Kullakar</i>	<i>Boiled</i>	11.16	1.93	8.64	2.41	2.60	73.26	349.00	291.60	7.50	50.40	121.70	2.50	347.7
35	<i>Kumsala</i>	<i>Boiled</i>			8.38						2.7	19.93		1.86	
36	<i>Kunthali</i>	<i>Boiled</i>			9.67						2.2	12.3		2.22	
37	<i>Kuruvai Kalanjiyam</i>	<i>Boiled</i>			11.27						3.5	20.95		3.27	
38	<i>Kuruvikar</i>	<i>Boiled</i>			9.21						2.3	9.24		2.29	
39	<i>Kuzhiadichan</i>	<i>Handpou nd</i>	11.28	1.70	10.21	2.98	1.84	71.99	356.00	281.10	5.60	48.50	132.40	2.50	364.6

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40	Koomvazhathi	Boiled	12.22	1.52	8.86	0.75	1.90	74.75	341.19	250.10	2.70	42.50	114.40	2.10	302.1
41	Kothamalli Samba	Raw	12.00	0.48	9.03	1.88	1.14	75.47	354.92	98.00	2.10	29.20	29.10	1.10	223.6
42	Kottara Samba	Boiled	11.00	1.38	8.66	2.38	2.60	73.98	352.00	195.80	4.40	27.30	83.10	2.10	223.7
43	Kochin Samba	Boiled			9.54						2	10.56		2.2	
44	Kollikar	Boiled			8.41						1.7	14.54		1.96	
45	Kaivari Samba	Boiled	12.40	1.31	9.55	2.82	2.14	73.90	359.00	114.00	4.11	44.60	173.00	0.19	409.0
46	Sadakar	Boiled			11.11						5.55	15.82		5.54	
47	Samba	Boiled			8.69						4.6	9.71		2.56	
48	Samba Mosanam	Boiled	11.31	1.17	6.22	3.6	-	76.79	364.44	131.9	3.8	45.1	83.4	1.6	
49	Sandikar	Boiled			8.99						1.18	14.03		2.02	
50	Sanna Samba	Raw			9.83						2.1	10.26		2.5	
51	Sannaki Nel	Boiled			10.96						4.22	23.95		1.96	
52	Chithiraikar	Boiled			9.66						2.12	19.46		2.48	
53	Sivan Samba	Boiled			8.38						3.21	15.6		2.19	
54	Sivappu Kowni	Boiled	13.22	1.49	7.07	2.47	3.80	71.95	338.00	228.90	8.00	31.20	115.40	1.80	297.3
55	Sivappu Kuruvikar	Boiled	12.49	0.96	8.86	1.87	-	75.11	352.71	217.21	2.65	56.04	94.69	1.8	322.44
56	Sivappu Sirumani	Boiled			8.03						3.32	15.72		2.27	
57	Seeraga Samba	Raw	12.51	0.48	7.69	0.79	BDL (DL:1.0)	78.53	352.00	223.00	4.80	37.90	111.30	1.90	258.4
58	Chengalpatu Sirumani	Boiled			8.86						3.7	14.22		2.38	
59	Sempalai	Boiled			10.84						3.28	13.56		3.25	

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60	<i>Sempilli Panni</i>	<i>Boiled</i>			8.28						1.76	11.77		2.49	
61	<i>Salem Samba</i>	<i>Raw</i>	13.57	1.51	8.55	2.43	BDL (DL:1.0)	73.94	352.00	159.40	2.00	18.30	62.60	1.40	118.7
62	<i>Salem Sanna</i>	<i>Boiled</i>			9.32						1.57	14.42		2.17	
63	<i>Soolaikuruvai</i>	<i>Boiled</i>			9.17						1.85	15.08		2.31	
64	<i>Soorankuruvai</i>	<i>Boiled</i>	12.05	1.46	7.92	1.64	2.84	74.09	343.00	222.40	3.50	36.70	95.80	2.00	251.3
65	<i>Sornavari</i>	<i>Boiled</i>			8.22						1.37	12.7		2.06	
66	<i>Thanga Samba</i>	<i>Boiled</i>	11.57	1.70	8.27	2.23	1.85	74.38	351.00	203.70	3.30	42.70	99.40	1.70	252.9
67	<i>Thirunelveli Kitchilli</i>	<i>Boiled</i>			7.57						2	12.39		1.62	
68	<i>Thulasi Vasanai Seeraga Samba</i>	<i>Raw</i>	12.03	0.71	8.99	1.32	BDL (DL:1.0)	76.95	356.00	118.40	2.30	20.70	31.30	1.30	104.4
69	<i>Thooyamalli</i>	<i>Boiled</i>	10.30	0.71	9.16	0.62	2.30	79.20	359.00	83.00	2.34	26.20	37.10	0.23	229.0
70	<i>Thengaipoo Samba</i>	<i>Boiled</i>	10.28	0.95	9.29	1.84	BDL (DL:1.0)	77.64	364.00	137.10	2.30	18.00	19.90	1.20	121.8
71	<i>Navara</i>	<i>Boiled</i>	11.61	0.98	8.97	2.36	1.80	74.28	354.00	320.50	8.60	35.10	123.20	2.50	384.4
72	<i>Neelan Samba</i>	<i>Handpound</i>	10.59	1.49	7.29	2.97	1.34	76.32	361.00	237.70	3.60	38.70	114.30	1.70	286.7
73	<i>Norungan</i>	<i>Boiled</i>			8.38						2.19	19.51		2.31	
74	<i>Panagkattu Kudaivazhai</i>	<i>Boiled</i>			8.06						1.33	14.52		2.08	
75	<i>Paal Kudaivazhai</i>	<i>Boiled</i>	10.43	1.32	7.51	2.39	1.96	76.39	357.00	148.00	3.10	20.30	61.10	1.50	141.9
76	<i>Paal Veliyan</i>	<i>Boiled</i>			9.28						3.38	17.81		2.89	
77	<i>Pillai Milagi</i>	<i>Boiled</i>			8.03						1.24	15.36		2.26	
78	<i>Pisini</i>	<i>Boiled</i>	11.89	1.36	8.60	2.84	3.13	72.18	349.00	91.40	1.10	13.00	41.40	0.70	95.7
79	<i>Puzhudhi Samba</i>	<i>Boiled</i>			10.46						3.09	13.28		3.15	

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80	Poompalai	Boiled	10.38	1.10	7.47	2.46	2.85	75.74	355.00	245.70	4.70	29.60	95.40	1.60	260.9
81	Poovan Samba	Boiled	10.70	1.56	7.58	1.86	2.42	75.88	351.00	305.60	5.60	36.70	132.40	2.50	344.5
82	Perum Koomvazhai	Boiled			8.8						1.16	13.82		2.51	
83	Perungkar	Boiled			8.67						1.06	15.35		2.14	
84	Polinel	Boiled			9.42						2.87	21.88		2.17	
85	Poda perunel	Boiled			9.44						1.95	5.15		2.76	
86	Mappilai Samba	Boiled	11.92	1.75	7.91	2.18	1.79	74.45	349.00	299.90	6.90	43.60	117.90	1.90	334.0
87	Mathimuni/mathimudi	Boiled			9.54						1.6	11.05		2.26	
88	Murugankar	Boiled			9.95						2.4	21.62		2.1	
89	Muttakar	Boiled			7.83						1.3	12.1		2.6	
90	Mozhikarupu Samba	Raw	10.17	1.09	6.72	2.48	BDL (DL:1.0)	79.54	367.00	93.90	1.50	17.70	26.80	1.70	67.2
91	Rasagadam	Raw	10.30	0.58	7.95	2.22	BDL (DL:1.0)	78.95	368.00	142.80	1.90	20.20	47.10	1.90	109.8
92	Rajamannar	Boiled			9.89						2.78	16.37		2.28	
93	Rajamudi	Boiled			11.04						1.33	15		2.79	
94	Rajabhoga	Boiled			10.97						1.51	13.9		1.8	
95	Vasaramundan	Boiled			8.7						2.09	12.46		1.91	
96	Valiya Chennelu	Raw	12.36	1.62	8.53	2.48	2.81	72.20	345.00	193.60	2.20	24.70	78.40	0.90	49.1
97	Vallarakkan	Boiled			10.06						2.52	14.27		2.17	
98	Varappu Kudaichan	Boiled			8.56						2.06	13.46		2.08	
99	Vaalan Nel	Boiled			7.96						1.84	15.36		2.14	
100	Vadan Samba	Boiled	11.96	1.79	8.78	2.45	2.12	72.90	349.00	140.60	2.00	20.20	41.50	0.30	30.8
101	Veethivadangan	Boiled			9.39						1.63	18.02		2.08	

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102	Vaigunda	Boiled	12.12	1.77	8.77	2.44	2.54	72.36	346.00	148.90	1.90	22.20	47.40	0.40	35.4
103	Vellai Kuruvikar	Boiled			8.31						1.35	13.42		1.94	
104	Vellai Milagu Samba	Boiled			8.72						6.77	16.31		2.21	
105	Vellai Poongar	Boiled			8.8						2.04	11.26		2.03	
106	Vellaikar	Boiled			10.51						3.86	17.85		2.73	
107	Veliyan	Boiled			8.1						1.77	10.16		1.51	
108	Jawadhu Malai Nel	Boiled			9.57						1.9	11.39		2.41	
109	Jeeragasaalae	Raw	11.93	0.52	9.82	0.70	BDL (DL:1.0)	77.03	353.50	97.50	1.90	21.80	34.60	1.10	116.3
110	Jil Jil Vaigunda	Boiled			10.57						3.4	21.51		2.37	