PLANT FACT SHEET

Oryza punctata Kotzchy ex Steud.

GENUS *Oryza* **FAMILY** Poaceae

COMMON NAMES Wadi rice

EDIBLE PARTS AND USES

Edible parts: Seeds, Grains, Cereal

The seeds have the hulls removed and are then boiled and eaten.

DESCRIPTION

A grass. It grows in water. The stems are 60-90 cm high and stout. They are spongy.

HABITAT

A tropical plant. It is rare in Swaziland. It grows in swampy streams in West Africa.

NOTES

There are about 20 Oryza species. This can a diploid or tetraploid species with BB or BBCC genomes. Chemical composition: Protein (crude) = 13.9% (dry). Oil = 4.0% (dry). Ash (insoluble) = 4.4% (dry). Fibre (crude) = 2.9% (dry). Carbohydrate (soluble) (starch) = 70.0% (dry). Sucrose) = 1.0% (dry). D-glucose = 0.2% (dry). D-fructose = 0% (dry). Amino acids (g[16gN]-1): Aspartic acid = 9.7g. Threonine = 3.4g. Serine = 4.0g. Glutamic acid = 19.3g. Proline = 3.8g. Glycine = 4.5g. Alanine = 5.5g. Valine = 5.9g. Cysteine = 1.5g. Methionine = 2.2g. Isoleucine = 4.1g. Leucine = 8.6g. Tyrosine = 4.8g. Phenylalanine = 5.2g. Histidine = 2.3g. Lysine = 3.6g. Arginine = 8.4g. Fatty acids (saturated) (g/100g)-1: 14:0 = 0.6g. 16:0 = 20.6g. 18:0 = 2.2g. 22:0 = 0.4g. 24:0 = 0.5g; (monounsaturated): 16:1 = 0.1g. 20:1 = 0.6g; (polyunsaturated): 18:2 = 30.6g. 18:3 = 1.9g. Minerals: Sulphur = 0.14% (dry). Potassium = 0.55% (dry). Magnesium = 0.27% (dry). Calcium = 0.04% (dry). Na = 0.01%. K = 0.37%. Zinc = 39mg/kg-1 (dry). Iron = 168mg/kg-1 (dry). Manganese = 49mg/kg-1 (dry). Copper = 7mg/kg -1(dry). Aluminum = 562mg/kg-1 (dry).

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c07d04f9-4b7d-4b13-8602-ef5384e5fa9b