

Characteristics of Rice Flour

Sticky and Chewy Delicious Texture

Bread and noodles made of rice flour have a sticky and chewy texture.

Low Oil Absorption and Healthy

Rice flour has an oil absorption rate lower than that of wheat flour. For example, tempura fried with rice flour has a crispy texture that lasts for a long time.

• Oil Absorption Rate

Rice flour 21% Wheat flour 38%

*Oil absorption rate of fried batters when frying chicken legs
(Source):

F.Shin and K.Daigle (J.Agric. Food Chem.47 (1999)), "Oil Uptake Properties of Fried Batters from Rice Flour"

Excellent Amino Acid Balance

Rice flour has an excellent balance of amino acids necessary for humans.

• Amino Acid Score

Rice 65 Wheat 41

*The values are for polished white rice and all-purpose flour. Use of the 1973 FAO/WHO Scoring Pattern. (Source: The National Institute of Resources, Science and Technology Agency "Proteins and amino acids in food" (1986))

*Amino acid score

For each of the "essential amino acids (9 types)" that a human must consume as food, the content is divided by the reference value required by a human (score pattern (FAO/WHO (1973, 1985)) and indicated in percent (%). The lowest value among the 9 types is the amino acid score, and it will be 100 when the reference values of all 9 types are satisfied.