**🍚 1 Cup Rice – Microwave (Sistema Cooker)**

**🔥 White Rice**

* **Rice**: 1 cup (≈ 200 g)
* **Water**: 1 1/3 cups (≈ 320 ml)
* **Microwave**: HIGH, **11–12 minutes**
* **Rest**: 5 minutes with lid on
* **Yield**: ~3 cups cooked rice

**🌾 Brown Rice**

* **Rice**: 1 cup (≈ 200 g)
* **Water**: 2 cups (≈ 480 ml)
* **Microwave**: HIGH, **25–28 minutes**
* **Rest**: 10 minutes with lid on
* **Yield**: ~3 cups cooked rice

✅ White = quicker (good for daily meals)  
✅ Brown = healthier, more fiber (needs longer cook & more water)