



**Food ID:** A012

**Food name and Description:** Rice, milled, glutinous

**Scientific name:** *Oryza sativa*

**Alternate/Common name(s):** Bigas, malagkit

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	11.7
Energy, calculated (kcal)	355
Protein (g)	6.9
Total Fat (g)	0.8
Carbohydrate, total (g)	80.1
Ash, total (g)	0.5

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.8
Sugars, total (g)	0.2

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	26
Phosphorus, P (mg)	95
Iron, Fe (mg)	1.1
Sodium, Na (mg)	4

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	2
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.16
Fatty acids, monounsaturated, total (g)	0.29
Fatty acids, polyunsaturated, total(g)	0.29
Cholesterol (mg)	0