



Food ID: A013

Food name and Description: Rice, milled, glutinous, milled w/ water

Scientific name: *Oryza sativa*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	47.4
Energy, calculated (kcal)	210
Protein (g)	4.4
Total Fat (g)	0.1
Carbohydrate, total (g)	47.9
Ash, total (g)	0.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.6
Sugars, total (g)	0.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	14
Phosphorus, P (mg)	40
Iron, Fe (mg)	1.5
Sodium, Na (mg)	2

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
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.02
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	0