

Republic of the Philippines
Department of Science and Technology
FOOD AND NUTRITION RESEARCH INSTITUTE
General Santos Avenue, Bicutan, Taguig City, Philippines

Food ID: A015 Food name and Description: Rice, undermilled, glutinous, purple Scientific name: *Oryza sativa* Alternate/Common name(s): Bigas, malagkit, pirurutong Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	11.5
Energy, calculated (kcal)	358
Protein (g)	8.7
Total Fat (g)	2
Carbohydrate, total (g)	76.3
Ash, total (g)	1.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.8
Sugars, total (g)	2.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	32
Phosphorus, P (mg)	276
Iron, Fe (mg)	4
Sodium, Na (mg)	2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (μg)	0
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.39
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	6.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0.4
Fatty acids, monounsaturated, total (g)	0.73
Fatty acids, polyunsaturated, total(g)	0.72
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 9:07:34