

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