



Food ID: A017

Food name and Description: Rice, undermilled, red

Scientific name: *Oryza sativa*

Alternate/Common name(s): Bigas, mapula

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	10.4
Energy, calculated (kcal)	358
Protein (g)	7.5
Total Fat (g)	0.9
Carbohydrate, total (g)	80
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.6
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	12
Phosphorus, P (mg)	168
Iron, Fe (mg)	0.6
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)	0.38
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	4.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.07
Fatty acids, monounsaturated, total (g)	0.18
Fatty acids, polyunsaturated, total(g)	0.2
Cholesterol (mg)	0