



Food ID: A019

Food name and Description: Rice, well-milled

Scientific name: *Oryza sativa*

Alternate/Common name(s): Bigas, maputi

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	11.1
Energy, calculated (kcal)	356
Protein (g)	7.4
Total Fat (g)	0.5
Carbohydrate, total (g)	80.4
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.3
Sugars, total (g)	0.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	27
Phosphorus, P (mg)	155
Iron, Fe (mg)	1
Sodium, Na (mg)	1

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)	0.1
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	2.8
Niacin from tryptophan (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.14
Fatty acids, monounsaturated, total (g)	0.16
Fatty acids, polyunsaturated, total(g)	0.13

Cholesterol (mg)

0