



**Food ID:** A021

**Food name and Description:** Rice, well-milled, fried

**Scientific name:**

**Alternate/Common name(s):** Bigas, maputi, sinangag

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	57.4
Energy, calculated (kcal)	187
Protein (g)	2.6
Total Fat (g)	4
Carbohydrate, total (g)	35.2
Ash, total (g)	0.8

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.5
Sugars, total (g)	0.1

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	3
Phosphorus, P (mg)	35
Iron, Fe (mg)	1.1
Sodium, Na (mg)	4

## **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)	0.02
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.37
Fatty acids, monounsaturated, total (g)	0.27
Fatty acids, polyunsaturated, total(g)	0.11
Cholesterol (mg)	0