



**Food ID:** A022

**Food name and Description:** Rice-corn mixture (1:1)

**Scientific name:**

**Alternate/Common name(s):** Bigas-mais pinaghalo (1:1)

**Edible portion:** 100%

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

Water (g)	9.2
Energy, calculated (kcal)	366
Protein (g)	7.5
Total Fat (g)	1
Carbohydrate, total (g)	81.8
Ash, total (g)	0.5

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

Fiber, total dietary (g)	2.9
Sugars, total (g)	0.4

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

Calcium, Ca (mg)	112
Phosphorus, P (mg)	85
Iron, Fe (mg)	1.1
Sodium, Na (mg)	1

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	3.5
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.21
Fatty acids, monounsaturated, total (g)	0.21
Fatty acids, polyunsaturated, total(g)	0.44
Cholesterol (mg)	0