



**Food ID:** A023

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

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	76.4
Energy, calculated (kcal)	96
Protein (g)	2.2
Total Fat (g)	0.3
Carbohydrate, total (g)	21
Ash, total (g)	0.1

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

Fiber, total dietary (g)	1
Sugars, total (g)	0.1

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

Calcium, Ca (mg)	31
Phosphorus, P (mg)	16
Iron, Fe (mg)	1.3
Sodium, Na (mg)	0

## **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)	0.01
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.06
Fatty acids, monounsaturated, total (g)	0.06
Fatty acids, polyunsaturated, total(g)	0.13
Cholesterol (mg)	0