



**Food ID:** A027

**Food name and Description:** Ampaw, rice

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

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

Water (g)	5.6
Energy, calculated (kcal)	385
Protein (g)	4.5
Total Fat (g)	2.1
Carbohydrate, total (g)	87.1
Ash, total (g)	0.7

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

Fiber, total dietary (g)	1.4
Sugars, total (g)	-

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

Calcium, Ca (mg)	26
Phosphorus, P (mg)	80
Iron, Fe (mg)	2.5
Sodium, Na (mg)	5

## **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)	0.14
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.76
Fatty acids, monounsaturated, total (g)	0.42
Fatty acids, polyunsaturated, total(g)	0.81
Cholesterol (mg)	0