



**Food ID:** A126

**Food name and Description:** Hominy

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	69.8
Energy, calculated (kcal)	126
Protein (g)	3
Total Fat (g)	1.4
Carbohydrate, total (g)	25.4
Ash, total (g)	0.4

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

Fiber, total dietary (g)	4.3
Sugars, total (g)	3.1

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

Calcium, Ca (mg)	44
Phosphorus, P (mg)	97
Iron, Fe (mg)	1
Sodium, Na (mg)	596

### **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)	0.05
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.2
Fatty acids, monounsaturated, total (g)	0.37
Fatty acids, polyunsaturated, total(g)	0.63
Cholesterol (mg)	0