



**Food ID:** A132

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

**Scientific name:** N/A

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

**Edible portion:** 100%

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

Water (g)	6.6
Energy, calculated (kcal)	415
Protein (g)	3.4
Total Fat (g)	8.4
Carbohydrate, total (g)	81.4
Ash, total (g)	0.2

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

Fiber, total dietary (g)	0.6
Sugars, total (g)	44.6

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

Calcium, Ca (mg)	10
Phosphorus, P (mg)	28
Iron, Fe (mg)	3
Sodium, Na (mg)	424

## **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)	0.02
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	3.49
Fatty acids, monounsaturated, total (g)	3.32
Fatty acids, polyunsaturated, total(g)	1.12
Cholesterol (mg)	0