



**Food ID:** A168

**Food name and Description:** Rice cake (glutinous), biko

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	37.9
Energy, calculated (kcal)	252
Protein (g)	2.2
Total Fat (g)	0.9
Carbohydrate, total (g)	58.7
Ash, total (g)	0.3

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

Fiber, total dietary (g)	2
Sugars, total (g)	22.4

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

Calcium, Ca (mg)	12
Phosphorus, P (mg)	35
Iron, Fe (mg)	1.2
Sodium, Na (mg)	94

## **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)	0.01
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.79
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.02
Cholesterol (mg)	0