



**Food ID:** A169

**Food name and Description:** Rice cake (glutinous), biko, w/ grtd coconut topping

**Scientific name:**

**Alternate/Common name(s):** Biko/Sinukmani, may niyog

**Edible portion:** 100%

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

Water (g)	40
Energy, calculated (kcal)	246
Protein (g)	3.3
Total Fat (g)	1.6
Carbohydrate, total (g)	54.7
Ash, total (g)	0.4

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

Fiber, total dietary (g)	2.1
Sugars, total (g)	21.6

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

Calcium, Ca (mg)	14
Phosphorus, P (mg)	53
Iron, Fe (mg)	2.4
Sodium, Na (mg)	92

## **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)	0.6
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	1.41
Fatty acids, monounsaturated, total (g)	0.07
Fatty acids, polyunsaturated, total(g)	0.02

Cholesterol (mg)

0