



Food ID: A170

Food name and Description: Rice cake (glutinous), biko, w/ purple rice

Scientific name:

Alternate/Common name(s): Biko, may pirurutong

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	43.6
Energy, calculated (kcal)	227
Protein (g)	2.6
Total Fat (g)	0.4
Carbohydrate, total (g)	53.2
Ash, total (g)	0.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.4
Sugars, total (g)	16.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	14
Phosphorus, P (mg)	33
Iron, Fe (mg)	1.5
Sodium, Na (mg)	177

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)	0.04
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.34
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.01
Cholesterol (mg)	0