

**Food ID:** A171**Food name and Description:** Rice cake (glutinous), Chinese, tikoy**Scientific name:** N/A**Alternate/Common name(s):** Tikoy**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	37.7
Energy, calculated (kcal)	250
Protein (g)	2.5
Total Fat (g)	0.3
Carbohydrate, total (g)	59.4
Ash, total (g)	0.1

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

Fiber, total dietary (g)	1.2
Sugars, total (g)	21.8

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

Calcium, Ca (mg)	21
Phosphorus, P (mg)	17
Iron, Fe (mg)	2.2
Sodium, Na (mg)	4

**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)	0.4
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.06
Fatty acids, monounsaturated, total (g)	0.1
Fatty acids, polyunsaturated, total(g)	0.11
Cholesterol (mg)	0