



**Food ID:** A172

**Food name and Description:** Rice cake (glutinous), Chinese, tikoy, w/ peanut

**Scientific name:** N/A

**Alternate/Common name(s):** Tikoy, may mani

**Edible portion:** 100%

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

Water (g)	40.1
Energy, calculated (kcal)	247
Protein (g)	6.4
Total Fat (g)	1.8
Carbohydrate, total (g)	51.4
Ash, total (g)	0.3

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

Fiber, total dietary (g)	1.4
Sugars, total (g)	21.3

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

Calcium, Ca (mg)	18
Phosphorus, P (mg)	53
Iron, Fe (mg)	4.3
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)	0.05
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.28
Fatty acids, monounsaturated, total (g)	0.9
Fatty acids, polyunsaturated, total(g)	0.49

Cholesterol (mg)

0