



Food ID: A173

Food name and Description: Rice cake, bibingka

Scientific name: N/A

Alternate/Common name(s): Bibingkang galapong

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	41.5
Energy, calculated (kcal)	234
Protein (g)	3.6
Total Fat (g)	0.9
Carbohydrate, total (g)	52.9
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.8
Sugars, total (g)	10

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	96
Phosphorus, P (mg)	135
Iron, Fe (mg)	5.3
Sodium, Na (mg)	139

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)	0.12
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.64
Fatty acids, monounsaturated, total (g)	0.13
Fatty acids, polyunsaturated, total(g)	0.03
Cholesterol (mg)	55