



Food ID: A174

Food name and Description: Rice cake, bibingka, w/ cheese & coconut topping

Scientific name:

Alternate/Common name(s): Bibingkang galapong, may keso at niyog

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	45.6
Energy, calculated (kcal)	223
Protein (g)	2.8
Total Fat (g)	2.6
Carbohydrate, total (g)	47.2
Ash, total (g)	1.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1
Sugars, total (g)	8.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	71
Phosphorus, P (mg)	73
Iron, Fe (mg)	5.1
Sodium, Na (mg)	313

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	8
beta-Carotene (µg)	27
Retinol Activity Equivalent, RAE (µg)	10
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.73
Fatty acids, monounsaturated, total (g)	0.49
Fatty acids, polyunsaturated, total(g)	0.09

