



**Food ID:** A176

**Food name and Description:** Rice cake, puto, brown

**Scientific name:**

**Alternate/Common name(s):** Puto, brown

**Edible portion:** 100%

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

Water (g)	48.1
Energy, calculated (kcal)	206
Protein (g)	2
Total Fat (g)	0.1
Carbohydrate, total (g)	49.3
Ash, total (g)	0.5

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

Fiber, total dietary (g)	1.5
Sugars, total (g)	19.2

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

Calcium, Ca (mg)	5
Phosphorus, P (mg)	23
Iron, Fe (mg)	2.9
Sodium, Na (mg)	225

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

Retinol, Vitamin A (µg)	19
beta-Carotene (µg)	17
Retinol Activity Equivalent, RAE (µg)	20
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.08
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0
Cholesterol (mg)	12