

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: A177 Food name and Description: Rice cake, puto, white Scientific name: Alternate/Common name(s): Puto puti Edible portion: 100%

# Proximates (Food Composition per 100g Edible Portion)

Water (g)	46.6
Energy, calculated (kcal)	214
Protein (g)	2.8
Total Fat (g)	0.3
Carbohydrate, total (g)	49.9
Ash, total (g)	0.4

### 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)	6
Phosphorus, P (mg)	35
Iron, Fe (mg)	2.7
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)	0.01
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g	0.23
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.01
Cholesterol (mg)	12

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 07/20/2025 14:24:59