



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