



**Food ID:** A178

**Food name and Description:** Rice cake, puto, white, w/ grtd coconut topping

**Scientific name:**

**Alternate/Common name(s):** Puto puti, may niyog

**Edible portion:** 100%

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

Water (g)	47.9
Energy, calculated (kcal)	209
Protein (g)	2.7
Total Fat (g)	1.1
Carbohydrate, total (g)	47.1
Ash, total (g)	1.2

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

Fiber, total dietary (g)	2.1
Sugars, total (g)	17.8

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

Calcium, Ca (mg)	88
Phosphorus, P (mg)	61
Iron, Fe (mg)	2.2
Sodium, Na (mg)	205

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

Retinol, Vitamin A (µg)	17
beta-Carotene (µg)	15
Retinol Activity Equivalent, RAE (µg)	18
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.96
Fatty acids, monounsaturated, total (g)	0.06
Fatty acids, polyunsaturated, total(g)	0.01

