

**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

