

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



Food ID: A180 Food name and Description: Rice cake, cuchinta, w/ grtd coconut topping Scientific name: Alternate/Common name(s): Cuchinta/Kutsinta, may niyog Edible portion: 100%

# Proximates (Food Composition per 100g Edible Portion)

Water (g)	62.3
Energy, calculated (kcal)	165
Protein (g)	1.6
Total Fat (g)	3.2
Carbohydrate, total (g)	32.4
Ash, total (g)	0.5

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

Fiber, total dietary (g)	1.6
Sugars, total (g)	16.5

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	9
Phosphorus, P (mg)	40
Iron, Fe (mg)	4.6
Sodium, Na (mg)	78

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g	2.81
Fatty acids, monounsaturated, total (g)	0.15
Fatty acids, polyunsaturated, total(g)	0.05
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 9:57:53