



**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