



**Food ID:** A185

**Food name and Description:** Rice prep (glutinous), butse, w/ sweet potato filling

**Scientific name:**

**Alternate/Common name(s):** Butse/Buchi, kamote

**Edible portion:** 100%

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

Water (g)	32
Energy, calculated (kcal)	310
Protein (g)	5.6
Total Fat (g)	8.2
Carbohydrate, total (g)	53.5
Ash, total (g)	0.7

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

Fiber, total dietary (g)	2
Sugars, total (g)	6.5

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

Calcium, Ca (mg)	20
Phosphorus, P (mg)	41
Iron, Fe (mg)	2.4
Sodium, Na (mg)	13

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	110
Retinol Activity Equivalent, RAE (µg)	9
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	1.1
Ascorbic Acid, Vitamin C (mg)	4

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

Fatty acids, saturated, total (g)	6.31
Fatty acids, monounsaturated, total (g)	0.84
Fatty acids, polyunsaturated, total(g)	0.58

Cholesterol (mg)

0