



**Food ID:** A186

**Food name and Description:** Rice prep (glutinous), kalamay, w/ coconut curd topping

**Scientific name:**

**Alternate/Common name(s):** Kalamay, may latik

**Edible portion:** 100%

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

Water (g)	48.2
Energy, calculated (kcal)	208
Protein (g)	2.7
Total Fat (g)	0.4
Carbohydrate, total (g)	48.5
Ash, total (g)	0.2

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

Fiber, total dietary (g)	2.1
Sugars, total (g)	19.9

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

Calcium, Ca (mg)	10
Phosphorus, P (mg)	32
Iron, Fe (mg)	2.6
Sodium, Na (mg)	16

## 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)	0.01
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.35
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.01

Cholesterol (mg)

0