

**Food ID:** A187**Food name and Description:** Rice prep (glutinous), kalamay, w/ yam**Scientific name:****Alternate/Common name(s):** Kalamay, ube**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

| | |
|---------------------------|------|
| Water (g) | 55.5 |
| Energy, calculated (kcal) | 178 |
| Protein (g) | 2.2 |
| Total Fat (g) | 0.3 |
| Carbohydrate, total (g) | 41.7 |
| Ash, total (g) | 0.3 |

Other Carbohydrate (Food Composition per 100g Edible Portion)

| | |
|--------------------------|------|
| Fiber, total dietary (g) | 2.3 |
| Sugars, total (g) | 27.7 |

Minerals (Food Composition per 100g Edible Portion)

| | |
|--------------------|-----|
| Calcium, Ca (mg) | 20 |
| Phosphorus, P (mg) | 32 |
| Iron, Fe (mg) | 2.4 |
| Sodium, Na (mg) | 8 |

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) | 0.07 |
| Niacin (mg) | 0.3 |
| Ascorbic Acid, Vitamin C (mg) | 0 |

Lipids (Food Composition per 100g Edible Portion)

| | |
|---|------|
| Fatty acids, saturated, total (g) | 0.26 |
| Fatty acids, monounsaturated, total (g) | 0.02 |
| Fatty acids, polyunsaturated, total(g) | 0.01 |
| Cholesterol (mg) | 0 |