

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



Food ID: A188 Food name and Description: Rice prep (glutinous), palitaw Scientific name: Alternate/Common name(s): Palitaw Edible portion: 100%

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

Water (g)	51.8
Energy, calculated (kcal)	206
Protein (g)	2.6
Total Fat (g)	2.8
Carbohydrate, total (g)	42.5
Ash, total (g)	0.3

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

Fiber, total dietary (g)	1.4
Sugars, total (g)	0.1

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	18
Phosphorus, P (mg)	45
Iron, Fe (mg)	3.2
Sodium, Na (mg)	4

## 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)	0.04
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g	0.56
Fatty acids, monounsaturated, total (g)	1.02
Fatty acids, polyunsaturated, total(g)	1.01
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 11:53:55