



**Food ID:** A189

**Food name and Description:** Rice prep (glutinous), palitaw, w/ grtd coconut & sugar

**Scientific name:**

**Alternate/Common name(s):** Palitaw, may niyog at asukal

**Edible portion:** 100%

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

Water (g)	52.1
Energy, calculated (kcal)	213
Protein (g)	2.6
Total Fat (g)	4.5
Carbohydrate, total (g)	40.5
Ash, total (g)	0.3

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

Fiber, total dietary (g)	2
Sugars, total (g)	14.7

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

Calcium, Ca (mg)	17
Phosphorus, P (mg)	44
Iron, Fe (mg)	3.3
Sodium, Na (mg)	5

### **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)	2.71
Fatty acids, monounsaturated, total (g)	0.79
Fatty acids, polyunsaturated, total(g)	0.7

Cholesterol (mg)

0