



Food ID: A191

Food name and Description: Rice prep (glutinous), suman sa ibos

Scientific name:

Alternate/Common name(s): Suman sa ibos

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	57.5
Energy, calculated (kcal)	171
Protein (g)	3.1
Total Fat (g)	0.7
Carbohydrate, total (g)	38
Ash, total (g)	0.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.2
Sugars, total (g)	1.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	15
Phosphorus, P (mg)	26
Iron, Fe (mg)	1.2
Sodium, Na (mg)	367

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)	0.6
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.02
Cholesterol (mg)	0