

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



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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 14:43:58