



**Food ID:** A193

**Food name and Description:** Rice prep (glutinous), suman, w/ grtd coconut topping

**Scientific name:**

**Alternate/Common name(s):** Suman maruwecos, may niyog

**Edible portion:** 100%

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

Water (g)	49.8
Energy, calculated (kcal)	211
Protein (g)	2.6
Total Fat (g)	2.4
Carbohydrate, total (g)	44.8
Ash, total (g)	0.4

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

Fiber, total dietary (g)	2.4
Sugars, total (g)	1.4

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

Calcium, Ca (mg)	15
Phosphorus, P (mg)	60
Iron, Fe (mg)	2.1
Sodium, Na (mg)	12

## **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)	0.03
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	2.1
Fatty acids, monounsaturated, total (g)	0.12
Fatty acids, polyunsaturated, total(g)	0.04

Cholesterol (mg)

0