



**Food ID:** A195

**Food name and Description:** Rice prep, espasol

**Scientific name:**

**Alternate/Common name(s):** Espasol

**Edible portion:** 100%

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

Water (g)	25.8
Energy, calculated (kcal)	312
Protein (g)	4
Total Fat (g)	3.6
Carbohydrate, total (g)	65.8
Ash, total (g)	0.8

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

Fiber, total dietary (g)	2.1
Sugars, total (g)	23.8

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

Calcium, Ca (mg)	19
Phosphorus, P (mg)	114
Iron, Fe (mg)	3.2
Sodium, Na (mg)	124

## **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)	0.06
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	1.1
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	3.14
Fatty acids, monounsaturated, total (g)	0.18
Fatty acids, polyunsaturated, total(g)	0.07
Cholesterol (mg)	0