



**Food ID:** A196

**Food name and Description:** Rice water, ckd, thin

**Scientific name:**

**Alternate/Common name(s):** Am, malabnaw

**Edible portion:** 100%

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

Water (g)	95.8
Energy, calculated (kcal)	17
Protein (g)	0.1
Total Fat (g)	0.2
Carbohydrate, total (g)	3.8
Ash, total (g)	0.1

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

Fiber, total dietary (g)	0
Sugars, total (g)	0

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

Calcium, Ca (mg)	6
Phosphorus, P (mg)	12
Iron, Fe (mg)	0.1
Sodium, Na (mg)	0

### **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)	0.02
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0