



**Food ID:** A197

**Food name and Description:** Rice, crispies

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	6.5
Energy, calculated (kcal)	373
Protein (g)	3
Total Fat (g)	0.6
Carbohydrate, total (g)	88.8
Ash, total (g)	1.1

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

Fiber, total dietary (g)	0.4
Sugars, total (g)	9.7

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

Calcium, Ca (mg)	119
Phosphorus, P (mg)	41
Iron, Fe (mg)	1.8
Sodium, Na (mg)	519

## **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
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.13
Fatty acids, monounsaturated, total (g)	0.17
Fatty acids, polyunsaturated, total(g)	0.18
Cholesterol (mg)	0