



**Food ID:** A198

**Food name and Description:** Rice-bread prep, toasted, puto seko

**Scientific name:**

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

**Edible portion:** 100%

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

|                           |     |
|---------------------------|-----|
| Water (g)                 | 4.8 |
| Energy, calculated (kcal) | 388 |
| Protein (g)               | 6   |
| Total Fat (g)             | 1.8 |
| Carbohydrate, total (g)   | 87  |
| Ash, total (g)            | 0.4 |

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

|                          |      |
|--------------------------|------|
| Fiber, total dietary (g) | 0.8  |
| Sugars, total (g)        | 25.5 |

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

|                    |     |
|--------------------|-----|
| Calcium, Ca (mg)   | 15  |
| Phosphorus, P (mg) | 56  |
| Iron, Fe (mg)      | 2.2 |
| Sodium, Na (mg)    | 469 |

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

|                                       |      |
|---------------------------------------|------|
| Retinol, Vitamin A (µg)               | 74   |
| beta-Carotene (µg)                    | 4    |
| Retinol Activity Equivalent, RAE (µg) | 74   |
| Thiamin, Vitamin B1 (mg)              | 0.06 |
| Riboflavin, Vitamin B2 (mg)           | 0.02 |
| Niacin (mg)                           | 0.5  |
| Ascorbic Acid, Vitamin C (mg)         | 0    |

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

|                                         |      |
|-----------------------------------------|------|
| Fatty acids, saturated, total (g)       | 0.37 |
| Fatty acids, monounsaturated, total (g) | 0.77 |
| Fatty acids, polyunsaturated, total(g)  | 0.5  |
| Cholesterol (mg)                        | -    |