



**Food ID:** A199

**Food name and Description:** Rice-bread prep, toasted, puto seko, w/ grtd coconut

**Scientific name:** N/A

**Alternate/Common name(s):** Puto seko, may niyog

**Edible portion:** 100%

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

Water (g)	5.8
Energy, calculated (kcal)	402
Protein (g)	4.4
Total Fat (g)	5.5
Carbohydrate, total (g)	83.8
Ash, total (g)	0.5

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

Fiber, total dietary (g)	1.5
Sugars, total (g)	23.7

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

Calcium, Ca (mg)	23
Phosphorus, P (mg)	60
Iron, Fe (mg)	3.1
Sodium, Na (mg)	427

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

Retinol, Vitamin A (µg)	67
beta-Carotene (µg)	4
Retinol Activity Equivalent, RAE (µg)	67
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	3.37
Fatty acids, monounsaturated, total (g)	1.09
Fatty acids, polyunsaturated, total(g)	0.65

Cholesterol (mg)

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