



Food ID: B026

Food name and Description: Cassava cake, bibingka

Scientific name:

Alternate/Common name(s): Kamoteng kahoy, bibingka

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	54.4
Energy, calculated (kcal)	181
Protein (g)	0.4
Total Fat (g)	0.3
Carbohydrate, total (g)	44.1
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.6
Sugars, total (g)	23.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	30
Phosphorus, P (mg)	28
Iron, Fe (mg)	3
Sodium, Na (mg)	26

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	0.6
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)	-