



**Food ID:** G169

**Food name and Description:** Sinarapan, dried

**Scientific name:**

**Alternate/Common name(s):** Tabyos, tuyo

**Edible portion:** 100%

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

Water (g)	10.7
Energy, calculated (kcal)	291
Protein (g)	55.5
Total Fat (g)	7.7
Carbohydrate, total (g)	0
Ash, total (g)	26.1

### **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)	2878
Phosphorus, P (mg)	1711
Iron, Fe (mg)	3.4
Sodium, Na (mg)	-

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

Retinol, Vitamin A (µg)	231
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	231
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.72
Niacin (mg)	9
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	1.16
Fatty acids, monounsaturated, total (g)	0.77
Fatty acids, polyunsaturated, total(g)	1.54
Cholesterol (mg)	-