



Food ID: R006

Food name and Description: Glutinous rice w/ mung bean & cocomilk

Scientific name:

Alternate/Common name(s): Ginataang munggo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	70.8
Energy, calculated (kcal)	130
Protein (g)	1.8
Total Fat (g)	3
Carbohydrate, total (g)	24
Ash, total (g)	0.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.7
Sugars, total (g)	8.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	16
Phosphorus, P (mg)	25
Iron, Fe (mg)	0.4
Sodium, Na (mg)	9

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	45
Retinol Activity Equivalent, RAE (µg)	4
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.63
Fatty acids, monounsaturated, total (g)	0.14
Fatty acids, polyunsaturated, total(g)	0.05
Cholesterol (mg)	0