



Food ID: R011

Food name and Description: Rice gruel w/ chicken

Scientific name: N/A

Alternate/Common name(s): Arroz caldo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	83.8
Energy, calculated (kcal)	63
Protein (g)	2
Total Fat (g)	0.4
Carbohydrate, total (g)	12.8
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.5
Sugars, total (g)	0.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	15
Phosphorus, P (mg)	15
Iron, Fe (mg)	0.8
Sodium, Na (mg)	453

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.27
Fatty acids, monounsaturated, total (g)	0.05
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	10