



Republic of the Philippines

Department of Science and Technology

FOOD AND NUTRITION RESEARCH INSTITUTE

General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: R104

Food name and Description: Fried rice mix, w/ yacon

Scientific name:

Alternate/Common name(s): Yacon-rice medley

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	69.1
Energy, calculated (kcal)	140
Protein (g)	3
Total Fat (g)	4
Carbohydrate, total (g)	23.1
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.8
Sugars, total (g)	3.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	11
Phosphorus, P (mg)	36
Iron, Fe (mg)	0.4
Sodium, Na (mg)	196

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	49
beta-Carotene (µg)	191
Retinol Activity Equivalent, RAE (µg)	65
Thiamin, Vitamin B1 (mg)	0.31
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	1

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.4
Fatty acids, monounsaturated, total (g)	0.3
Fatty acids, polyunsaturated, total(g)	0.1
Cholesterol (mg)	33