



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  |