

**Food ID:** T008**Food name and Description:** Rice washing**Scientific name:****Alternate/Common name(s):** Hugas-bigas**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	98.6
Energy, calculated (kcal)	6
Protein (g)	0.1
Total Fat (g)	0.2
Carbohydrate, total (g)	1
Ash, total (g)	0.1

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)	22
Phosphorus, P (mg)	16
Iron, Fe (mg)	0.3
Sodium, Na (mg)	0

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0
Niacin (mg)	1.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0