



Food ID: A028

Food name and Description: Bicho-bicho

Scientific name:

Alternate/Common name(s): Bitsu-bitso

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	22
Energy, calculated (kcal)	376
Protein (g)	7.4
Total Fat (g)	14
Carbohydrate, total (g)	55.2
Ash, total (g)	1.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.5
Sugars, total (g)	33.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	39
Phosphorus, P (mg)	79
Iron, Fe (mg)	3.6
Sodium, Na (mg)	390

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)	0.1
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	1.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.6
Fatty acids, monounsaturated, total (g)	7.88
Fatty acids, polyunsaturated, total(g)	1.76
Cholesterol (mg)	14