

**Food ID:** F125**Food name and Description:** Frog meat**Scientific name:** *Fejervarya vittigera***Alternate/Common name(s):** Palaka laman**Edible portion:** 31%**Proximates** (Food Composition per 100g Edible Portion)

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|---------------------------|------|
| Water (g) | 77.5 |
| Energy, calculated (kcal) | 89 |
| Protein (g) | 20.9 |
| Total Fat (g) | 0.6 |
| Carbohydrate, total (g) | 0 |
| Ash, total (g) | 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)

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|--------------------|-----|
| Calcium, Ca (mg) | 46 |
| Phosphorus, P (mg) | 168 |
| Iron, Fe (mg) | 1.8 |
| Sodium, Na (mg) | 127 |

Vitamins (Food Composition per 100g Edible Portion)

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|---------------------------------------|------|
| Retinol, Vitamin A (µg) | 30 |
| beta-Carotene (µg) | 0 |
| Retinol Activity Equivalent, RAE (µg) | 30 |
| Thiamin, Vitamin B1 (mg) | 0.06 |
| Riboflavin, Vitamin B2 (mg) | 0.12 |
| Niacin (mg) | 5 |
| Ascorbic Acid, Vitamin C (mg) | 0 |

Lipids (Food Composition per 100g Edible Portion)

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|---|------|
| Fatty acids, saturated, total (g) | 0.15 |
| Fatty acids, monounsaturated, total (g) | 0.11 |
| Fatty acids, polyunsaturated, total(g) | 0.2 |
| Cholesterol (mg) | 100 |