



Food ID: G001

Food name and Description: Abalone

Scientific name: *Haliotis spp.*

Alternate/Common name(s): Lapas/Kapinan

Edible portion: 67%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	68.6
Energy, calculated (kcal)	120
Protein (g)	20.5
Total Fat (g)	0.9
Carbohydrate, total (g)	7.4
Ash, total (g)	2.6

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)	38
Phosphorus, P (mg)	123
Iron, Fe (mg)	1.5
Sodium, Na (mg)	372

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	10
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	10
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.18
Fatty acids, monounsaturated, total (g)	0.13
Fatty acids, polyunsaturated, total(g)	0.12
Cholesterol (mg)	101