



Food ID: G018

Food name and Description: Clam, bilakong

Scientific name: *Pharella acutidens*

Alternate/Common name(s): Bilakong

Edible portion: 31%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	80
Energy, calculated (kcal)	82
Protein (g)	10.2
Total Fat (g)	2
Carbohydrate, total (g)	5.8
Ash, total (g)	2

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)	106
Phosphorus, P (mg)	104
Iron, Fe (mg)	6.8
Sodium, Na (mg)	572

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	188
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	188
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.39
Fatty acids, monounsaturated, total (g)	0.25
Fatty acids, polyunsaturated, total(g)	0.4
Cholesterol (mg)	63