



Food ID: G020

Food name and Description: Clam, freshwater, tulya, boiled

Scientific name: *Corbicula manilensis*

Alternate/Common name(s): Tulya, nilaga

Edible portion: 42%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	75.5
Energy, calculated (kcal)	105
Protein (g)	8.9
Total Fat (g)	1.9
Carbohydrate, total (g)	13
Ash, total (g)	0.7

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)	171
Phosphorus, P (mg)	121
Iron, Fe (mg)	5.8
Sodium, Na (mg)	74

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	185
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	185
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.22
Niacin (mg)	1.2
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)	0.17
Fatty acids, polyunsaturated, total(g)	0.54
Cholesterol (mg)	65