



Food ID: G021

Food name and Description: Clam, halaan

Scientific name: *Cyraeidae*

Alternate/Common name(s): Halaan

Edible portion: 31%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	87.2
Energy, calculated (kcal)	47
Protein (g)	6.7
Total Fat (g)	0.7
Carbohydrate, total (g)	3.5
Ash, total (g)	1.9

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)	153
Phosphorus, P (mg)	125
Iron, Fe (mg)	7.3
Sodium, Na (mg)	645

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	130
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	130
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	1.5
Niacin from tryptophan (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.14
Fatty acids, monounsaturated, total (g)	0.09
Fatty acids, polyunsaturated, total(g)	0.14

