



Food ID: G022

Food name and Description: Clam, halaan, boiled

Scientific name: *Cyraeidae*

Alternate/Common name(s): Halaan, nilaga

Edible portion: 52%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	81
Energy, calculated (kcal)	74
Protein (g)	10.5
Total Fat (g)	1.1
Carbohydrate, total (g)	5.4
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)	198
Phosphorus, P (mg)	153
Iron, Fe (mg)	8.7
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	110
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	110
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	1.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.11
Fatty acids, monounsaturated, total (g)	0.1
Fatty acids, polyunsaturated, total(g)	0.31
Cholesterol (mg)	38