

Republic of the Philippines **Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE** General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: G023

Food name and Description: Clam, imbao Scientific name: *Anodontia edentula* Alternate/Common name(s): Imbao Edible portion: 40%

### Proximates (Food Composition per 100g Edible Portion)

Water (g)	82.3
Energy, calculated (kcal)	64
Protein (g)	6.8
Total Fat (g)	0.8
Carbohydrate, total (g)	7.3
Ash, total (g)	2.8

#### 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)	154
Phosphorus, P (mg)	69
Iron, Fe (mg)	4
Sodium, Na (mg)	506

## Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (μg)	60
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	60
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.48
Niacin (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	0

## Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0.16
Fatty acids, monounsaturated, total (g)	0.1
Fatty acids, polyunsaturated, total(g)	0.16
Cholesterol (mg)	25

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 9:38:46