



**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