



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