

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

PHOTO TO BE SUPPLIED

Food ID: G024

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

Proximates (Food Composition per 100g Edible Portion)

Water (g)	86.5
Energy, calculated (kcal)	47
Protein (g)	6.4
Total Fat (g)	0.6
Carbohydrate, total (g)	4.1
Ash, total (g)	2.4

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)	112
Phosphorus, P (mg)	52
Iron, Fe (mg)	2.8
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (μg)	85
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	85
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.39
Niacin (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0.06
Fatty acids, monounsaturated, total (g)	0.05
Fatty acids, polyunsaturated, total(g)	0.17
Cholesterol (mg)	21

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