



Food ID: G025

Food name and Description: Clam, kabibi

Scientific name: *Soletellina cumingiana*

Alternate/Common name(s): Kabibi

Edible portion: 24%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	84.8
Energy, calculated (kcal)	62
Protein (g)	9
Total Fat (g)	1.6
Carbohydrate, total (g)	3
Ash, total (g)	1.6

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)	87
Phosphorus, P (mg)	103
Iron, Fe (mg)	3.2
Sodium, Na (mg)	921

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	75
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	75
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.31
Fatty acids, monounsaturated, total (g)	0.2
Fatty acids, polyunsaturated, total(g)	0.32
Cholesterol (mg)	50