



Food ID: G026

Food name and Description: Clam, kanturi

Scientific name: *Venus sp.*

Alternate/Common name(s): Kanturi

Edible portion: 13%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	84
Energy, calculated (kcal)	59
Protein (g)	12.2
Total Fat (g)	1
Carbohydrate, total (g)	0.3
Ash, total (g)	2.5

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)	170
Phosphorus, P (mg)	122
Iron, Fe (mg)	4.3
Sodium, Na (mg)	457

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	125
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	125
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	3.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.19
Fatty acids, monounsaturated, total (g)	0.13
Fatty acids, polyunsaturated, total(g)	0.2
Cholesterol (mg)	31