

**Food ID:** G028**Food name and Description:** Clam, rayed shell**Scientific name:** *Gari elongata***Alternate/Common name(s):** Paros**Edible portion:** 61%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	87.5
Energy, calculated (kcal)	48
Protein (g)	8.7
Total Fat (g)	0.8
Carbohydrate, total (g)	1.4
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)	21
Phosphorus, P (mg)	83
Iron, Fe (mg)	8.6
Sodium, Na (mg)	357

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	150
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	150
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	2.2
Niacin from tryptophan (mg)	0.8
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

