



**Food ID:** G029

**Food name and Description:** Clam, razor shell

**Scientific name:** *Pharella sp.*

**Alternate/Common name(s):** Tikhan

**Edible portion:** 37%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	88.5
Energy, calculated (kcal)	41
Protein (g)	8
Total Fat (g)	0.4
Carbohydrate, total (g)	1.4
Ash, total (g)	1.7

## **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)	101
Iron, Fe (mg)	8.1
Sodium, Na (mg)	329

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	38
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	38
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.07
Fatty acids, monounsaturated, total (g)	0.05
Fatty acids, polyunsaturated, total(g)	0.09
Cholesterol (mg)	25