



Food ID: G030

Food name and Description: Clam, tongue

Scientific name: *Lingula unguis*

Alternate/Common name(s): Balay

Edible portion: 43%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	78.6
Energy, calculated (kcal)	98
Protein (g)	12.4
Total Fat (g)	3.4
Carbohydrate, total (g)	4.4
Ash, total (g)	1.2

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)	49
Phosphorus, P (mg)	130
Iron, Fe (mg)	8.1
Sodium, Na (mg)	612

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)	0.01
Riboflavin, Vitamin B2 (mg)	0.24
Niacin (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-