



Food ID: G031

Food name and Description: Clam, tongue, head, blanched

Scientific name: *Lingula unguis*

Alternate/Common name(s): Balay, ulo, binanlian

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	81.3
Energy, calculated (kcal)	79
Protein (g)	5.9
Total Fat (g)	2
Carbohydrate, total (g)	9.4
Ash, total (g)	1.4

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)	64
Phosphorus, P (mg)	94
Iron, Fe (mg)	5.3
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	1.4
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)	-