



**Food ID:** G032

**Food name and Description:** Clam, tongue, tail

**Scientific name:** *Lingula unguis*

**Alternate/Common name(s):** Balay, buntot

**Edible portion:** 58%

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

Water (g)	87.1
Energy, calculated (kcal)	51
Protein (g)	9.4
Total Fat (g)	0.4
Carbohydrate, total (g)	2.5
Ash, total (g)	0.6

## **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)	22
Phosphorus, P (mg)	71
Iron, Fe (mg)	1.2
Sodium, Na (mg)	369

## **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)	0.04
Niacin (mg)	0.9
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)	-