



Food ID: G033

Food name and Description: Clam, venus

Scientific name: *Circe scripta*

Alternate/Common name(s): Bigatan

Edible portion: 8%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	66.4
Energy, calculated (kcal)	138
Protein (g)	12.8
Total Fat (g)	2
Carbohydrate, total (g)	17.3
Ash, total (g)	1.5

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)	100
Phosphorus, P (mg)	150
Iron, Fe (mg)	6.6
Sodium, Na (mg)	961

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	188
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	188
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.39
Fatty acids, monounsaturated, total (g)	0.25
Fatty acids, polyunsaturated, total(g)	0.4
Cholesterol (mg)	63