



Food ID: G034

Food name and Description: Clam, wedge shell/bean

Scientific name: *Donax faba*

Alternate/Common name(s): Alamis

Edible portion: 20%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	82.2
Energy, calculated (kcal)	71
Protein (g)	8.8
Total Fat (g)	1.7
Carbohydrate, total (g)	5.1
Ash, total (g)	2.2

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)	78
Phosphorus, P (mg)	115
Iron, Fe (mg)	1.6
Sodium, Na (mg)	509

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	159
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	159
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	2.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.33
Fatty acids, monounsaturated, total (g)	0.21
Fatty acids, polyunsaturated, total(g)	0.34
Cholesterol (mg)	53