



**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