



Food ID: G036

Food name and Description: Crab, blue swimming, fat

Scientific name: *Portunus pelagicus*

Alternate/Common name(s): Alimasag alige

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	76.8
Energy, calculated (kcal)	86
Protein (g)	11.5
Total Fat (g)	4.4
Carbohydrate, total (g)	0
Ash, total (g)	2.6

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)	283
Phosphorus, P (mg)	202
Iron, Fe (mg)	1
Sodium, Na (mg)	644

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	220
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	220
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.49
Niacin (mg)	1.1
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)	-