



**Food ID:** G037

**Food name and Description:** Crab, blue swimming, w/o fat

**Scientific name:** *Portunus pelagicus*

**Alternate/Common name(s):** Alimasag laman

**Edible portion:** 34%

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

Water (g)	75.5
Energy, calculated (kcal)	93
Protein (g)	19.9
Total Fat (g)	0.5
Carbohydrate, total (g)	2.2
Ash, total (g)	1.9

## **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)	134
Phosphorus, P (mg)	180
Iron, Fe (mg)	0
Sodium, Na (mg)	342

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

Retinol, Vitamin A (µg)	1
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	3.9
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.1
Fatty acids, monounsaturated, total (g)	0.09
Fatty acids, polyunsaturated, total(g)	0.18
Cholesterol (mg)	-