



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)	-