



Food ID: G038

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

Scientific name: *Portunus pelagicus*

Alternate/Common name(s): Alimasag laman, nilaga

Edible portion: 30%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	74.6
Energy, calculated (kcal)	98
Protein (g)	19.4
Total Fat (g)	0.9
Carbohydrate, total (g)	3.1
Ash, total (g)	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)	281
Phosphorus, P (mg)	265
Iron, Fe (mg)	2
Sodium, Na (mg)	494

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)	0.05
Riboflavin, Vitamin B2 (mg)	0.24
Niacin (mg)	2.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.24
Fatty acids, monounsaturated, total (g)	0.16
Fatty acids, polyunsaturated, total(g)	0.31
Cholesterol (mg)	118