

**Food ID:** G039**Food name and Description:** Crab, mud/mangrove, fat**Scientific name:** *Scylla serrata***Alternate/Common name(s):** Alimango alige**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	58.1
Energy, calculated (kcal)	188
Protein (g)	26
Total Fat (g)	5.6
Carbohydrate, total (g)	8.5
Ash, total (g)	1.8

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)	60
Phosphorus, P (mg)	402
Iron, Fe (mg)	4.4
Sodium, Na (mg)	1163

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	4245
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	4245
Thiamin, Vitamin B1 (mg)	0.79
Riboflavin, Vitamin B2 (mg)	0.92
Niacin (mg)	1.3
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)	-