



**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)	-