



Food ID: G041

Food name and Description: Crab, mud/mangrove, w/o fat, boiled

Scientific name: *Scylla serrata*

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

Edible portion: 32%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	78.2
Energy, calculated (kcal)	88
Protein (g)	17.6
Total Fat (g)	1.9
Carbohydrate, total (g)	0
Ash, total (g)	2.3

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)	279
Phosphorus, P (mg)	184
Iron, Fe (mg)	1.7
Sodium, Na (mg)	326

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	60
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	60
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.36
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.52
Fatty acids, monounsaturated, total (g)	0.33
Fatty acids, polyunsaturated, total(g)	0.66
Cholesterol (mg)	-