



Food ID: G042

Food name and Description: Crab, shore

Scientific name: *Varuna litterata*

Alternate/Common name(s): Talangka

Edible portion: 45%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	68.1
Energy, calculated (kcal)	122
Protein (g)	13.8
Total Fat (g)	3.8
Carbohydrate, total (g)	8.1
Ash, total (g)	6.2

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)	2111
Phosphorus, P (mg)	209
Iron, Fe (mg)	1
Sodium, Na (mg)	453

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	7
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	7
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.79
Niacin (mg)	2.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.78
Fatty acids, monounsaturated, total (g)	0.68
Fatty acids, polyunsaturated, total(g)	1.36
Cholesterol (mg)	-