



Food ID: G085

Food name and Description: Mussel, green

Scientific name: *Perna viridis*

Alternate/Common name(s): Tahong

Edible portion: 56%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	64.2
Energy, calculated (kcal)	166
Protein (g)	13.6
Total Fat (g)	7.5
Carbohydrate, total (g)	11.1
Ash, total (g)	3.6

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)	176
Phosphorus, P (mg)	144
Iron, Fe (mg)	3.5
Sodium, Na (mg)	528

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	420
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	420
Thiamin, Vitamin B1 (mg)	0.26
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	2.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.42
Fatty acids, monounsaturated, total (g)	1.7
Fatty acids, polyunsaturated, total(g)	2.03
Cholesterol (mg)	-