

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



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)	-

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 9:19:02