



Food ID: G086

Food name and Description: Mussel, green, boiled

Scientific name: *Perna viridis*

Alternate/Common name(s): Tahong, nilaga

Edible portion: 48%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	90.3
Energy, calculated (kcal)	33
Protein (g)	3.1
Total Fat (g)	0.4
Carbohydrate, total (g)	4.3
Ash, total (g)	1.9

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)	148
Phosphorus, P (mg)	73
Iron, Fe (mg)	2.9
Sodium, Na (mg)	92

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	170
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	170
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.08
Fatty acids, monounsaturated, total (g)	0.09
Fatty acids, polyunsaturated, total(g)	0.11
Cholesterol (mg)	-