

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



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)	-

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 14:07:47