



**Food ID:** G088

**Food name and Description:** Octopus

**Scientific name:** *Octopus spp.*

**Alternate/Common name(s):** Pugita

**Edible portion:** 94%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	84.9
Energy, calculated (kcal)	59
Protein (g)	13.3
Total Fat (g)	0.6
Carbohydrate, total (g)	0
Ash, total (g)	1.2

### **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)	42
Phosphorus, P (mg)	103
Iron, Fe (mg)	1.6
Sodium, Na (mg)	363

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	45
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	45
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	2
Ascorbic Acid, Vitamin C (mg)	0

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.13
Fatty acids, monounsaturated, total (g)	0.09
Fatty acids, polyunsaturated, total(g)	0.14
Cholesterol (mg)	28