



Food ID: G090

Food name and Description: Oyster, window pane, meat

Scientific name: *Placuna placenta*

Alternate/Common name(s): Kapis, laman

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	70.2
Energy, calculated (kcal)	119
Protein (g)	23.3
Total Fat (g)	1.4
Carbohydrate, total (g)	3.3
Ash, total (g)	1.8

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)	110
Phosphorus, P (mg)	257
Iron, Fe (mg)	17.3
Sodium, Na (mg)	467

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	95
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	95
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.37
Fatty acids, monounsaturated, total (g)	0.19
Fatty acids, polyunsaturated, total(g)	0.5
Cholesterol (mg)	29