



**Food ID:** G108

**Food name and Description:** Sea cucumber

**Scientific name:** *Holothuria spp.*

**Alternate/Common name(s):** Balatan/Trepang

**Edible portion:** 100%

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

Water (g)	93.9
Energy, calculated (kcal)	23
Protein (g)	5.1
Total Fat (g)	0.1
Carbohydrate, total (g)	0.3
Ash, total (g)	0.6

## **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)	132
Phosphorus, P (mg)	5
Iron, Fe (mg)	0.8
Sodium, Na (mg)	554

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

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

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

Fatty acids, saturated, total (g)	0.01
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.02
Cholesterol (mg)	0