



Food ID: G113

Food name and Description: Shrimp, banana prawn

Scientific name: *Fenneropenaeus merguensis*

Alternate/Common name(s): Hipon, puti

Edible portion: 62%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	76.8
Energy, calculated (kcal)	91
Protein (g)	19
Total Fat (g)	0.8
Carbohydrate, total (g)	2
Ash, total (g)	1.4

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)	146
Phosphorus, P (mg)	210
Iron, Fe (mg)	1.4
Sodium, Na (mg)	128

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	50
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	50
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	3.2
Niacin from tryptophan (mg)	2.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.21
Fatty acids, monounsaturated, total (g)	0.14
Fatty acids, polyunsaturated, total(g)	0.23

