



**Food ID:** G114

**Food name and Description:** Shrimp, banana prawn, boiled

**Scientific name:** *Fenneropenaeus merguensis*

**Alternate/Common name(s):** Hipon, puti, nilaga

**Edible portion:** 49%

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

Water (g)	73.8
Energy, calculated (kcal)	104
Protein (g)	11.2
Total Fat (g)	0.4
Carbohydrate, total (g)	14
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)	76
Phosphorus, P (mg)	95
Iron, Fe (mg)	1.2
Sodium, Na (mg)	113

## **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
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	1.7
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.12
Fatty acids, monounsaturated, total (g)	0.08
Fatty acids, polyunsaturated, total(g)	0.14
Cholesterol (mg)	-