



**Food ID:** G115

**Food name and Description:** Shrimp, freshwater

**Scientific name:** *Macrobrachium*

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

**Edible portion:** 54%

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

Water (g)	72.4
Energy, calculated (kcal)	93
Protein (g)	19.4
Total Fat (g)	1.7
Carbohydrate, total (g)	0
Ash, total (g)	1.6

## **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)	50
Phosphorus, P (mg)	239
Iron, Fe (mg)	1
Sodium, Na (mg)	235

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

Retinol, Vitamin A (µg)	91
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	91
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	4.2
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.44
Fatty acids, monounsaturated, total (g)	0.3
Fatty acids, polyunsaturated, total(g)	0.5
Cholesterol (mg)	-