

**Food ID:** G116**Food name and Description:** Shrimp, freshwater (small)**Scientific name:** *Palaemon sp.***Alternate/Common name(s):** Hipon, tagunton**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	74.4
Energy, calculated (kcal)	98
Protein (g)	20.2
Total Fat (g)	1.9
Carbohydrate, total (g)	0
Ash, total (g)	3.5

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)	2351
Phosphorus, P (mg)	382
Iron, Fe (mg)	15.2
Sodium, Na (mg)	21

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	90
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	90
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	2.7
Niacin from tryptophan (mg)	2.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.49
Fatty acids, monounsaturated, total (g)	0.34
Fatty acids, polyunsaturated, total(g)	0.55

Cholesterol (mg)

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