



**Food ID:** G117

**Food name and Description:** Shrimp, giant tiger prawn

**Scientific name:** *Penaeus monodon*

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

**Edible portion:** 63%

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

Water (g)	76.6
Energy, calculated (kcal)	93
Protein (g)	20
Total Fat (g)	0.9
Carbohydrate, total (g)	1.2
Ash, total (g)	1.3

## **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)	73
Phosphorus, P (mg)	250
Iron, Fe (mg)	1.9
Sodium, Na (mg)	129

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

Retinol, Vitamin A (µg)	55
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	55
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	3.5
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.23
Fatty acids, monounsaturated, total (g)	0.16
Fatty acids, polyunsaturated, total(g)	0.26
Cholesterol (mg)	112