



**Food ID:** G118

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

**Scientific name:** *Penaeus monodon*

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

**Edible portion:** 50%

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

Water (g)	81.7
Energy, calculated (kcal)	74
Protein (g)	11.9
Total Fat (g)	2.2
Carbohydrate, total (g)	1.6
Ash, total (g)	2.6

## **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)	637
Phosphorus, P (mg)	263
Iron, Fe (mg)	3.5
Sodium, Na (mg)	101

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	0

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

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