



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)	-