



Food ID: G119

Food name and Description: Shrimp, greasy back

Scientific name: *Metapenaeus ensis*

Alternate/Common name(s): Hipon, suwahe

Edible portion: 60%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	80
Energy, calculated (kcal)	78
Protein (g)	17.7
Total Fat (g)	0.6
Carbohydrate, total (g)	0.4
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)	110
Phosphorus, P (mg)	174
Iron, Fe (mg)	1.8
Sodium, Na (mg)	110

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	290
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	290
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	2.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.16
Fatty acids, monounsaturated, total (g)	0.11
Fatty acids, polyunsaturated, total(g)	0.18
Cholesterol (mg)	75