



Food ID: G120

Food name and Description: Shrimp, greasy back, boiled

Scientific name: *Metapenaeus ensis*

Alternate/Common name(s): Hipon, suwahe, nilaga

Edible portion: 50%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	78.3
Energy, calculated (kcal)	84
Protein (g)	18.2
Total Fat (g)	0.4
Carbohydrate, total (g)	1.9
Ash, total (g)	1.2

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)	108
Phosphorus, P (mg)	157
Iron, Fe (mg)	1
Sodium, Na (mg)	94

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	270
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	270
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.12
Fatty acids, monounsaturated, total (g)	0.08
Fatty acids, polyunsaturated, total(g)	0.14
Cholesterol (mg)	-