

**Food ID:** G121**Food name and Description:** Shrimp, sergestid**Scientific name:** *Acetes sibogae***Alternate/Common name(s):** Alamang**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	78.9
Energy, calculated (kcal)	78
Protein (g)	16.6
Total Fat (g)	1.3
Carbohydrate, total (g)	0
Ash, total (g)	3.2

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)	699
Phosphorus, P (mg)	279
Iron, Fe (mg)	3
Sodium, Na (mg)	418

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	105
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	105
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	2.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.34
Fatty acids, monounsaturated, total (g)	0.23
Fatty acids, polyunsaturated, total(g)	0.38
Cholesterol (mg)	-