



Food ID: G127

Food name and Description: Snail, black

Scientific name: *Pila luzonica*

Alternate/Common name(s): Kuhol, itim

Edible portion: 41%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.6
Energy, calculated (kcal)	79
Protein (g)	12.2
Total Fat (g)	0.4
Carbohydrate, total (g)	6.6
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)	1650
Phosphorus, P (mg)	61
Iron, Fe (mg)	8.7
Sodium, Na (mg)	84

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	285
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	285
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.1
Fatty acids, monounsaturated, total (g)	0.07
Fatty acids, polyunsaturated, total(g)	0.07
Cholesterol (mg)	-