



Food ID: G128

Food name and Description: Snail, freshwater

Scientific name: *Melanoides sp.*

Alternate/Common name(s): Susong pilipit

Edible portion: 29%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	71.8
Energy, calculated (kcal)	94
Protein (g)	9.4
Total Fat (g)	0.8
Carbohydrate, total (g)	12.2
Ash, total (g)	5.8

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)	2702
Phosphorus, P (mg)	75
Iron, Fe (mg)	0.3
Sodium, Na (mg)	53

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	130
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	130
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.23
Niacin (mg)	1.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.21
Fatty acids, monounsaturated, total (g)	0.15
Fatty acids, polyunsaturated, total(g)	0.14
Cholesterol (mg)	29