



Food ID: G129

Food name and Description: Snail, golden

Scientific name: *Pomacea insularis*

Alternate/Common name(s): Kuhol, kulay ginto

Edible portion: 52%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	79.5
Energy, calculated (kcal)	74
Protein (g)	12.8
Total Fat (g)	0.6
Carbohydrate, total (g)	4.3
Ash, total (g)	2.8

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)	548
Phosphorus, P (mg)	111
Iron, Fe (mg)	6.2
Sodium, Na (mg)	69

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	75
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	75
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.6
Niacin (mg)	3.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.15
Fatty acids, monounsaturated, total (g)	0.11
Fatty acids, polyunsaturated, total(g)	0.11
Cholesterol (mg)	21