

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 07/20/2025 14:24:03