

**Food ID:** G131**Food name and Description:** Squid**Scientific name:** *Loligo pealeii***Alternate/Common name(s):** Pusit**Edible portion:** 96%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	82.2
Energy, calculated (kcal)	71
Protein (g)	15.6
Total Fat (g)	1
Carbohydrate, total (g)	0
Ash, total (g)	1.2

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)	55
Phosphorus, P (mg)	160
Iron, Fe (mg)	1.2
Sodium, Na (mg)	143

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	210
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	210
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	2.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.26
Fatty acids, monounsaturated, total (g)	0.08
Fatty acids, polyunsaturated, total(g)	0.38
Cholesterol (mg)	169