



**Food ID:** G132

**Food name and Description:** Squid, boiled

**Scientific name:** *Loligo pealeii*

**Alternate/Common name(s):** Pusit, nilaga

**Edible portion:** 98%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	80.4
Energy, calculated (kcal)	80
Protein (g)	17.4
Total Fat (g)	1.2
Carbohydrate, total (g)	0
Ash, total (g)	1

## **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)	48
Phosphorus, P (mg)	158
Iron, Fe (mg)	1.6
Sodium, Na (mg)	40

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	120
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	120
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	1.7
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

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