

**Food ID:** G157**Food name and Description:** Crab, mud/mangrove, meat, cnd**Scientific name:** *N/A***Alternate/Common name(s):** Alimango laman, de lata**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	73.2
Energy, calculated (kcal)	102
Protein (g)	23.5
Total Fat (g)	0.8
Carbohydrate, total (g)	0.3
Ash, total (g)	2.2

**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)	220
Phosphorus, P (mg)	249
Iron, Fe (mg)	1.2
Sodium, Na (mg)	743

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

Retinol, Vitamin A (µg)	50
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	50
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.21
Niacin (mg)	3.5
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.22
Fatty acids, monounsaturated, total (g)	0.14
Fatty acids, polyunsaturated, total(g)	0.28
Cholesterol (mg)	105