



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