



**Food ID:** G188

**Food name and Description:** Oyster, dried

**Scientific name:**

**Alternate/Common name(s):** Talaba, tuyo

**Edible portion:** 100%

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

Water (g)	13.1
Energy, calculated (kcal)	355
Protein (g)	46
Total Fat (g)	7.9
Carbohydrate, total (g)	24.9
Ash, total (g)	8.1

## **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)	319
Phosphorus, P (mg)	524
Iron, Fe (mg)	3.1
Sodium, Na (mg)	802

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

Retinol, Vitamin A (µg)	119
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	119
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	4.7
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	2.63
Fatty acids, monounsaturated, total (g)	0.33
Fatty acids, polyunsaturated, total(g)	2.3
Cholesterol (mg)	-