



Food ID: G190

Food name and Description: Emperor, pink ear, dried

Scientific name:

Alternate/Common name(s): Bitilla, tuyo

Edible portion: 30%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	39.9
Energy, calculated (kcal)	181
Protein (g)	43.3
Total Fat (g)	0.9
Carbohydrate, total (g)	0
Ash, total (g)	15.9

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)	214
Phosphorus, P (mg)	276
Iron, Fe (mg)	2.4
Sodium, Na (mg)	6630

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	2.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.24
Fatty acids, monounsaturated, total (g)	0.31
Fatty acids, polyunsaturated, total(g)	0.14
Cholesterol (mg)	-