



**Food ID:** G210

**Food name and Description:** Shrimp, freshwater (small), dried

**Scientific name:** *N/A*

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

**Edible portion:** 100%

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

Water (g)	15.4
Energy, calculated (kcal)	246
Protein (g)	23.1
Total Fat (g)	2.3
Carbohydrate, total (g)	33.2
Ash, total (g)	26

## **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)	4228
Phosphorus, P (mg)	856
Iron, Fe (mg)	20.2
Sodium, Na (mg)	3129

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

Retinol, Vitamin A (µg)	205
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	205
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.5
Niacin (mg)	8.6
Niacin from tryptophan (mg)	7.9
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.34
Fatty acids, monounsaturated, total (g)	0.36
Fatty acids, polyunsaturated, total(g)	0.43

Cholesterol (mg)

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