

**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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