



Food ID: G211

Food name and Description: Shrimp, sergestid, dried

Scientific name:

Alternate/Common name(s): Alamang, tuyo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	21.6
Energy, calculated (kcal)	283
Protein (g)	52.4
Total Fat (g)	3.6
Carbohydrate, total (g)	10.2
Ash, total (g)	12.2

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)	2306
Phosphorus, P (mg)	625
Iron, Fe (mg)	21.4
Sodium, Na (mg)	2900

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	305
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	305
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.19
Niacin (mg)	5.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.53
Fatty acids, monounsaturated, total (g)	0.57
Fatty acids, polyunsaturated, total(g)	0.68
Cholesterol (mg)	630