

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: G212 Food name and Description: Shrimp, small marine, dried Scientific name: Alternate/Common name(s): Hibe Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	25
Energy, calculated (kcal)	263
Protein (g)	57.4
Total Fat (g)	2.2
Carbohydrate, total (g)	3.4
Ash, total (g)	12

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)	1121
Phosphorus, P (mg)	609
Iron, Fe (mg)	12.9
Sodium, Na (mg)	2774

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	35
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	35
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0.32
Fatty acids, monounsaturated, total (g)	0.35
Fatty acids, polyunsaturated, total(g)	0.41
Cholesterol (mg)	385

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 07/20/2025 13:22:38