



**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