



Food ID: G215

Food name and Description: Slipmouth, common, dried

Scientific name: N/A

Alternate/Common name(s): Sapsap, daing

Edible portion: 51%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	44.7
Energy, calculated (kcal)	185
Protein (g)	36
Total Fat (g)	4.5
Carbohydrate, total (g)	0
Ash, total (g)	14.8

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)	220
Phosphorus, P (mg)	338
Iron, Fe (mg)	2.6
Sodium, Na (mg)	6101

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	60
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	60
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	1.7
Niacin from tryptophan (mg)	4.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-

Cholesterol (mg)

-