



**Food ID:** G216

**Food name and Description:** Slipmouth, common, dried

**Scientific name:**

**Alternate/Common name(s):** Sapsap, tuyo

**Edible portion:** 43%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	37.1
Energy, calculated (kcal)	214
Protein (g)	42.8
Total Fat (g)	4.7
Carbohydrate, total (g)	0
Ash, total (g)	15.4

## **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)	203
Phosphorus, P (mg)	290
Iron, Fe (mg)	1.2
Sodium, Na (mg)	6939

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	460
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	460
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	8.4
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)	-