



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)	-