



Food ID: H001

Food name and Description: Egg, ant

Scientific name:

Alternate/Common name(s): Itlog, langgam

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	71
Energy, calculated (kcal)	124
Protein (g)	17.4
Total Fat (g)	3.8
Carbohydrate, total (g)	5
Ash, total (g)	2.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	73
Phosphorus, P (mg)	217
Iron, Fe (mg)	2
Sodium, Na (mg)	45

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.43
Riboflavin, Vitamin B2 (mg)	0.74
Niacin (mg)	-
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)	-