



Food ID: N017

Food name and Description: Oyster paste

Scientific name:

Alternate/Common name(s): Bagoong talaba/Sise

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	73.5
Energy, calculated (kcal)	54
Protein (g)	3.7
Total Fat (g)	1.8
Carbohydrate, total (g)	5.8
Ash, total (g)	15.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	164
Phosphorus, P (mg)	44
Iron, Fe (mg)	5
Sodium, Na (mg)	2015

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	80
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	0.8
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)	-