



**Food ID:** N020

**Food name and Description:** Shrimp paste

**Scientific name:** N/A

**Alternate/Common name(s):** Bagoong hipon

**Edible portion:** 100%

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

Water (g)	66.4
Energy, calculated (kcal)	68
Protein (g)	12.5
Total Fat (g)	1.9
Carbohydrate, total (g)	0.1
Ash, total (g)	19.1

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.3
Sugars, total (g)	0

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

Calcium, Ca (mg)	404
Phosphorus, P (mg)	240
Iron, Fe (mg)	1.4
Sodium, Na (mg)	4396

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

Retinol, Vitamin A (µg)	250
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	250
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.17
Niacin (mg)	1.5
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)	-