



Food ID: N021

Food name and Description: Shrimp paste, alamang

Scientific name:

Alternate/Common name(s): Bagoong hipon, alamang

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	66.4
Energy, calculated (kcal)	61
Protein (g)	12.4
Total Fat (g)	1
Carbohydrate, total (g)	0.6
Ash, total (g)	19.6

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)	864
Phosphorus, P (mg)	242
Iron, Fe (mg)	5.9
Sodium, Na (mg)	4396

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	485
beta-Carotene (µg)	285
Retinol Activity Equivalent, RAE (µg)	509
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	1.4
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)	-