



Food ID: N022

Food name and Description: Shrimp paste, bastos

Scientific name:

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	64.1
Energy, calculated (kcal)	57
Protein (g)	12
Total Fat (g)	0.8
Carbohydrate, total (g)	0.4
Ash, total (g)	22.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.4
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	689
Phosphorus, P (mg)	397
Iron, Fe (mg)	8.9
Sodium, Na (mg)	4697

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	1.6
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)	-