

**Food ID:** N031**Food name and Description:** Shrimp paste, sauteed**Scientific name:** *N/A***Alternate/Common name(s):** Bagoong alamang, ginisa**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	32.6
Energy, calculated (kcal)	401
Protein (g)	10.2
Total Fat (g)	32.1
Carbohydrate, total (g)	17.7
Ash, total (g)	7.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.9
Sugars, total (g)	16.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	579
Phosphorus, P (mg)	485
Iron, Fe (mg)	3.5
Potassium, K (mg)	155
Sodium, Na (mg)	1130
Zinc, Zn (mg)	1.5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (μg)	35
beta-Carotene (μg)	21
Retinol Activity Equivalent, RAE (μg)	37
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.28
Niacin (mg)	2.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	25.48
Caproic, C6 (g)	0.31

Caprylic, C8 (g)	2.27
Capric, C10 (g)	1.64
Lauric, C12 (g)	13.13
Myristic, C14 (g)	4.94
Palmitic, C16 (g)	2.49
Stearic, C18 (g)	0.7
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	1.73
Oleic , C18:1 (g)	1.73
Fatty acids, polyunsaturated, total(g)	0.39
Linoleic, C18:2 (g)	0
Linolenic, C18:3 (g)	0
Cholesterol (mg)	189