



Food ID: G003

Food name and Description: Amber fish

Scientific name: *Seriola sp.*

Alternate/Common name(s): Tonto

Edible portion: 54%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	80
Energy, calculated (kcal)	81
Protein (g)	18.1
Total Fat (g)	0.9
Carbohydrate, total (g)	0
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

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

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	58
Phosphorus, P (mg)	120
Iron, Fe (mg)	0.5
Sodium, Na (mg)	31

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	60
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	60
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	4.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.22
Fatty acids, monounsaturated, total (g)	0.34
Fatty acids, polyunsaturated, total(g)	0.24
Cholesterol (mg)	-