

**Food ID:** G004**Food name and Description:** Sinarapan**Scientific name:** *Mystichthys luzoninses***Alternate/Common name(s):** Tabios**Edible portion:** 97%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	83.1
Energy, calculated (kcal)	64
Protein (g)	13.3
Total Fat (g)	1.2
Carbohydrate, total (g)	0
Ash, total (g)	2.4

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)	876
Phosphorus, P (mg)	426
Iron, Fe (mg)	0.6
Sodium, Na (mg)	66

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	175
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	175
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	1.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.45
Fatty acids, monounsaturated, total (g)	0.32
Fatty acids, polyunsaturated, total(g)	0.31
Cholesterol (mg)	67