



Food ID: G008

Food name and Description: Barracuda, striped

Scientific name: *Sphyraena obtusata*

Alternate/Common name(s): Turcillo

Edible portion: 50%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.9
Energy, calculated (kcal)	90
Protein (g)	19.7
Total Fat (g)	1.2
Carbohydrate, total (g)	0
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

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

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	58
Phosphorus, P (mg)	162
Iron, Fe (mg)	0.6
Sodium, Na (mg)	154

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.2
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	3.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.35
Fatty acids, monounsaturated, total (g)	0.37
Fatty acids, polyunsaturated, total(g)	0.3
Cholesterol (mg)	-