



Food ID: G009

Food name and Description: Butterfly fish, threadfin

Scientific name: *Chaetodon auriga*

Alternate/Common name(s): Paru-paro

Edible portion: 49%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	78.5
Energy, calculated (kcal)	85
Protein (g)	19.8
Total Fat (g)	0.6
Carbohydrate, total (g)	0
Ash, total (g)	1.1

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)	57
Phosphorus, P (mg)	153
Iron, Fe (mg)	1.1
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	4.4
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)	-