

**Food ID:** G010**Food name and Description:** Fusilier, goldband**Scientific name:** *Pterocaesio chrysozona***Alternate/Common name(s):** Dalagang bukid**Edible portion:** 69%**Proximates** (Food Composition per 100g Edible Portion)

| | |
|---------------------------|------|
| Water (g) | 73.4 |
| Energy, calculated (kcal) | 128 |
| Protein (g) | 21.5 |
| Total Fat (g) | 4.7 |
| Carbohydrate, total (g) | 0 |
| Ash, total (g) | 1.3 |

Other Carbohydrate (Food Composition per 100g Edible Portion)

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

Minerals (Food Composition per 100g Edible Portion)

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|--------------------|-----|
| Calcium, Ca (mg) | 48 |
| Phosphorus, P (mg) | 233 |
| Iron, Fe (mg) | 1.2 |
| Sodium, Na (mg) | 74 |

Vitamins (Food Composition per 100g Edible Portion)

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|---------------------------------------|------|
| Retinol, Vitamin A (µg) | 20 |
| beta-Carotene (µg) | 0 |
| Retinol Activity Equivalent, RAE (µg) | 20 |
| Thiamin, Vitamin B1 (mg) | 0.05 |
| Riboflavin, Vitamin B2 (mg) | 0.08 |
| Niacin (mg) | 4 |
| Niacin from tryptophan (mg) | 1.8 |
| Ascorbic Acid, Vitamin C (mg) | 0 |

Lipids (Food Composition per 100g Edible Portion)

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|---|------|
| Fatty acids, saturated, total (g) | 1.35 |
| Fatty acids, monounsaturated, total (g) | 0.75 |
| Fatty acids, polyunsaturated, total(g) | 1.13 |

Cholesterol (mg)

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