



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)

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

Vitamins (Food Composition per 100g Edible Portion)

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)

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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