



**Food ID:** G015

**Food name and Description:** Cavalla, banded

**Scientific name:** *Caranx sexfasciatus*

**Alternate/Common name(s):** Talakitok/Maliputo

**Edible portion:** 48%

## Proximates (Food Composition per 100g Edible Portion)

Water (g)	75.7
Energy, calculated (kcal)	108
Protein (g)	20.1
Total Fat (g)	3.1
Carbohydrate, total (g)	0
Ash, total (g)	1.2

## 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)	55
Phosphorus, P (mg)	190
Iron, Fe (mg)	0.9
Sodium, Na (mg)	70

## Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	80
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	80
Thiamin, Vitamin B1 (mg)	0.22
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	5.3
Ascorbic Acid, Vitamin C (mg)	0

## Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.63
Fatty acids, monounsaturated, total (g)	0.98
Fatty acids, polyunsaturated, total(g)	0.16
Cholesterol (mg)	47