

**Food ID:** G016**Food name and Description:** Cavalla, banded, fried**Scientific name:** *Caranx sexfasciatus***Alternate/Common name(s):** Talakitok, prito**Edible portion:** 64%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	69.9
Energy, calculated (kcal)	160
Protein (g)	20.2
Total Fat (g)	8.8
Carbohydrate, total (g)	0
Ash, total (g)	1.1

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)	86
Phosphorus, P (mg)	142
Iron, Fe (mg)	2.7
Sodium, Na (mg)	87

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	125
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	125
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	3.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.63
Fatty acids, monounsaturated, total (g)	2.78
Fatty acids, polyunsaturated, total(g)	0.46
Cholesterol (mg)	-