



Food ID: G017

Food name and Description: Cavalla, banded, steamed

Scientific name: *Caranx sexfasciatus*

Alternate/Common name(s): Talakitok, pinasingawan

Edible portion: 65%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	85.4
Energy, calculated (kcal)	67
Protein (g)	11.2
Total Fat (g)	2.5
Carbohydrate, total (g)	0
Ash, total (g)	0.8

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)	74
Phosphorus, P (mg)	210
Iron, Fe (mg)	0.7
Sodium, Na (mg)	42

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	150
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	150
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.32
Fatty acids, monounsaturated, total (g)	0.79
Fatty acids, polyunsaturated, total(g)	0.13
Cholesterol (mg)	-