



Food ID: G043

Food name and Description: Crevalle, deep-bellied

Scientific name: *Alepes kleinii*

Alternate/Common name(s): Salay-salay aso

Edible portion: 56%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	78.1
Energy, calculated (kcal)	87
Protein (g)	19.4
Total Fat (g)	1
Carbohydrate, total (g)	0
Ash, total (g)	1.5

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)	93
Phosphorus, P (mg)	221
Iron, Fe (mg)	1.2
Sodium, Na (mg)	88

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	60
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	60
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	4.2
Niacin from tryptophan (mg)	1.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.51
Fatty acids, monounsaturated, total (g)	0.24
Fatty acids, polyunsaturated, total(g)	0.24

