



Food ID: G044

Food name and Description: Crevalle, even-bellied

Scientific name: *Alepes djedaba*

Alternate/Common name(s): Salay-salay

Edible portion: 35%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	79.3
Energy, calculated (kcal)	85
Protein (g)	17.7
Total Fat (g)	1.6
Carbohydrate, total (g)	0
Ash, total (g)	1.4

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)	94
Phosphorus, P (mg)	221
Iron, Fe (mg)	1.2
Sodium, Na (mg)	83

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	4
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	4
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	3.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.82
Fatty acids, monounsaturated, total (g)	0.38
Fatty acids, polyunsaturated, total(g)	0.39
Cholesterol (mg)	56