



Food ID: G045

Food name and Description: Croaker, tigertooth

Scientific name: *Otolithes ruber*

Alternate/Common name(s): Abo

Edible portion: 47%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	75.6
Energy, calculated (kcal)	89
Protein (g)	19.1
Total Fat (g)	1.4
Carbohydrate, total (g)	0
Ash, total (g)	2.4

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)	127
Phosphorus, P (mg)	131
Iron, Fe (mg)	0.5
Sodium, Na (mg)	62

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	40
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	40
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.9
Niacin from tryptophan (mg)	2.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.32
Fatty acids, monounsaturated, total (g)	0.3
Fatty acids, polyunsaturated, total(g)	0.35

Cholesterol (mg)

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