

**Food ID:** G046**Food name and Description:** Croaker, plain**Scientific name:** *Pennahia anea***Alternate/Common name(s):** Alakaak/Croaker, truncate-tail**Edible portion:** 49%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	79.5
Energy, calculated (kcal)	80
Protein (g)	19.1
Total Fat (g)	0.4
Carbohydrate, total (g)	0
Ash, total (g)	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)	35
Phosphorus, P (mg)	125
Iron, Fe (mg)	0.6
Sodium, Na (mg)	110

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)	0.03
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	2.3
Niacin from tryptophan (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.09
Fatty acids, monounsaturated, total (g)	0.09
Fatty acids, polyunsaturated, total(g)	0.1

