



Food ID: G047

Food name and Description: Croaker, smooth-scaled whiskered

Scientific name: *Johnius dussumieri*

Alternate/Common name(s):

Edible portion: 44%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	79.1
Energy, calculated (kcal)	84
Protein (g)	18.6
Total Fat (g)	1.1
Carbohydrate, total (g)	0
Ash, total (g)	1.2

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)	77
Phosphorus, P (mg)	149
Iron, Fe (mg)	0.6
Sodium, Na (mg)	53

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)	0.04
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.25
Fatty acids, monounsaturated, total (g)	0.23
Fatty acids, polyunsaturated, total(g)	0.28
Cholesterol (mg)	-