



Food ID: G048

Food name and Description: Drepane, speckled

Scientific name: *Drepane punctata*

Alternate/Common name(s): Mayang

Edible portion: 28%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	80.8
Energy, calculated (kcal)	80
Protein (g)	16.8
Total Fat (g)	1.4
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)	34
Phosphorus, P (mg)	137
Iron, Fe (mg)	0.5
Sodium, Na (mg)	88

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	3.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.56
Fatty acids, monounsaturated, total (g)	0.56
Fatty acids, polyunsaturated, total(g)	0.28
Cholesterol (mg)	-