



Food ID: G051

Food name and Description: Fish roe

Scientific name:

Alternate/Common name(s): Isda, itlog

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	75.2
Energy, calculated (kcal)	123
Protein (g)	17.3
Total Fat (g)	5.6
Carbohydrate, total (g)	0.9
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)	56
Phosphorus, P (mg)	209
Iron, Fe (mg)	1.2
Sodium, Na (mg)	120

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	100
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	100
Thiamin, Vitamin B1 (mg)	0.15
Riboflavin, Vitamin B2 (mg)	0.22
Niacin (mg)	2.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.27
Fatty acids, monounsaturated, total (g)	1.45
Fatty acids, polyunsaturated, total(g)	2.32
Cholesterol (mg)	326