



Food ID: G053

Food name and Description: Flatfish/Brill, smooth-scaled

Scientific name: *Pseudorhombus arsius*

Alternate/Common name(s): Dapang bilog

Edible portion: 48%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	78.9
Energy, calculated (kcal)	81
Protein (g)	19.7
Total Fat (g)	0.2
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)	58
Phosphorus, P (mg)	164
Iron, Fe (mg)	0.4
Sodium, Na (mg)	94

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	95
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	95
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	5.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.05
Fatty acids, monounsaturated, total (g)	0.06
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	-