

**Food ID:** G056**Food name and Description:** Flying fish**Scientific name:** *Cypselurus oligolepis***Alternate/Common name(s):** Bulador/Borador**Edible portion:** 62%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	77.5
Energy, calculated (kcal)	86
Protein (g)	21
Total Fat (g)	0.2
Carbohydrate, total (g)	0
Ash, total (g)	1.3

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)	45
Phosphorus, P (mg)	213
Iron, Fe (mg)	0.5
Sodium, Na (mg)	85

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	5.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.04
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.06
Cholesterol (mg)	17