



Food ID: G059

Food name and Description: Goatfish, ochre-banded

Scientific name: *Upeneus sundaicus*

Alternate/Common name(s): Saramulyete

Edible portion: 38%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	78.8
Energy, calculated (kcal)	87
Protein (g)	18.7
Total Fat (g)	1.3
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)	91
Phosphorus, P (mg)	170
Iron, Fe (mg)	0.9
Sodium, Na (mg)	98

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	30
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	30
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.38
Fatty acids, monounsaturated, total (g)	0.37
Fatty acids, polyunsaturated, total (g)	0.25
Cholesterol (mg)	17