



**Food ID:** G060

**Food name and Description:** Goby, flat-headed

**Scientific name:** *Glossogobius giurus*

**Alternate/Common name(s):** Biyang puti/Tank goby

**Edible portion:** 39%

## **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)	74
Phosphorus, P (mg)	133
Iron, Fe (mg)	0.4
Sodium, Na (mg)	59

## **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)	0.02
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	2.5
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.03
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	92