



Food ID: G061

Food name and Description: Goby, long-tailed

Scientific name: *Oxyurichthys microlepis*

Alternate/Common name(s): Talimusak

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	78
Energy, calculated (kcal)	89
Protein (g)	16.8
Total Fat (g)	2.4
Carbohydrate, total (g)	0
Ash, total (g)	2.8

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)	706
Phosphorus, P (mg)	321
Iron, Fe (mg)	2.8
Sodium, Na (mg)	60

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.28
Niacin (mg)	1.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.36
Fatty acids, monounsaturated, total (g)	0.24
Fatty acids, polyunsaturated, total(g)	0.48
Cholesterol (mg)	-