



Food ID: G063

Food name and Description: Grouper, whitespotted

Scientific name: *Epinephelus corallicola*

Alternate/Common name(s): Lapu-lapu

Edible portion: 49%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	83.6
Energy, calculated (kcal)	63
Protein (g)	14.9
Total Fat (g)	0.4
Carbohydrate, total (g)	0
Ash, total (g)	1.1

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)	55
Phosphorus, P (mg)	173
Iron, Fe (mg)	0.6
Sodium, Na (mg)	129

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	20
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	20
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	4.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.09
Fatty acids, monounsaturated, total (g)	0.08
Fatty acids, polyunsaturated, total(g)	0.13
Cholesterol (mg)	-