



Food ID: G064

Food name and Description: Hair tail, largehead

Scientific name: *Trichiurus lepturus*

Alternate/Common name(s): Balila

Edible portion: 55%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	79.6
Energy, calculated (kcal)	80
Protein (g)	19.1
Total Fat (g)	0.4
Carbohydrate, total (g)	0
Ash, total (g)	0.9

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)	95
Iron, Fe (mg)	0.6
Sodium, Na (mg)	86

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)	0.03
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	2.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.11
Fatty acids, monounsaturated, total (g)	0.14
Fatty acids, polyunsaturated, total(g)	0.07
Cholesterol (mg)	-