



Food ID: G065

Food name and Description: Halfbeak, long billed

Scientific name: *Rhynchorhamphus georgii*

Alternate/Common name(s): Buguing

Edible portion: 56%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	78.2
Energy, calculated (kcal)	88
Protein (g)	19.2
Total Fat (g)	1.2
Carbohydrate, total (g)	0
Ash, total (g)	1.4

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)	168
Phosphorus, P (mg)	208
Iron, Fe (mg)	1
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	135
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	135
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	4.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.24
Fatty acids, monounsaturated, total (g)	0.19
Fatty acids, polyunsaturated, total(g)	0.39
Cholesterol (mg)	92