



Republic of the Philippines

Department of Science and Technology

FOOD AND NUTRITION RESEARCH INSTITUTE

General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: G066

Food name and Description: Hard-tail

Scientific name: *Megalaspis cordyla*

Alternate/Common name(s): Oriles

Edible portion: 37%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	76
Energy, calculated (kcal)	96
Protein (g)	21.4
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)	119
Phosphorus, P (mg)	200
Iron, Fe (mg)	1.4
Sodium, Na (mg)	102

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	365
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	365
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	7.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.34
Fatty acids, monounsaturated, total (g)	0.4
Fatty acids, polyunsaturated, total(g)	0.3
Cholesterol (mg)	-