



Food ID: G069

Food name and Description: Lizard fish, common

Scientific name: *Saurida tumbil*

Alternate/Common name(s): Kalaso

Edible portion: 45%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	80.4
Energy, calculated (kcal)	75
Protein (g)	18.2
Total Fat (g)	0.2
Carbohydrate, total (g)	0
Ash, total (g)	1.2

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)	58
Phosphorus, P (mg)	170
Iron, Fe (mg)	0.6
Sodium, Na (mg)	70

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	2.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.05
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.06
Cholesterol (mg)	19