



**Food ID:** G074

**Food name and Description:** Milkfish

**Scientific name:** *Chanos chanos*

**Alternate/Common name(s):** Bangus

**Edible portion:** 65%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	72.8
Energy, calculated (kcal)	137
Protein (g)	19.8
Total Fat (g)	6.4
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)	44
Phosphorus, P (mg)	194
Iron, Fe (mg)	1.2
Sodium, Na (mg)	67

## **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)	0.02
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	7.8
Niacin from tryptophan (mg)	3
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.58
Fatty acids, monounsaturated, total (g)	2.45
Fatty acids, polyunsaturated, total(g)	1.75

