



Food ID: G075

Food name and Description: Milkfish, broiled

Scientific name: *Chanos chanos*

Alternate/Common name(s): Bangus, inihaw

Edible portion: 71%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	66.8
Energy, calculated (kcal)	137
Protein (g)	23.4
Total Fat (g)	4.8
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)	109
Phosphorus, P (mg)	169
Iron, Fe (mg)	1.2
Sodium, Na (mg)	82

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	111
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	111
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	8.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	37