



**Food ID:** G076

**Food name and Description:** Milkfish, fried

**Scientific name:** *Chanos chanos*

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

**Edible portion:** 82%

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

Water (g)	56.8
Energy, calculated (kcal)	188
Protein (g)	23.6
Total Fat (g)	10.4
Carbohydrate, total (g)	0
Ash, total (g)	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)	116
Phosphorus, P (mg)	186
Iron, Fe (mg)	1
Sodium, Na (mg)	106

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

Retinol, Vitamin A (µg)	85
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	85
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	8.8
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)	-