



Food ID: G078

Food name and Description: Mojarra, whipfin

Scientific name: *Gerres filamentosus*

Alternate/Common name(s): Malakapas

Edible portion: 46%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.8
Energy, calculated (kcal)	87
Protein (g)	20.4
Total Fat (g)	0.6
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)	67
Phosphorus, P (mg)	188
Iron, Fe (mg)	0.6
Sodium, Na (mg)	107

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	20
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	20
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	4.7
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)	-