



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) | - |