



Food ID: G079

Food name and Description: Moonfish, spotted

Scientific name: *Mene maculata*

Alternate/Common name(s): Chabita/Hiwas

Edible portion: 48%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	72.3
Energy, calculated (kcal)	116
Protein (g)	24.4
Total Fat (g)	2
Carbohydrate, total (g)	0
Ash, total (g)	1.3

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)	22
Phosphorus, P (mg)	227
Iron, Fe (mg)	1.2
Sodium, Na (mg)	73

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	240
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	240
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	10.7
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)	-