



Food ID: G080

Food name and Description: Moray

Scientific name: *Muraenidae sp*

Alternate/Common name(s): Malabanos

Edible portion: 85%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	74.7
Energy, calculated (kcal)	116
Protein (g)	20.1
Total Fat (g)	4
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)	63
Phosphorus, P (mg)	83
Iron, Fe (mg)	0.5
Sodium, Na (mg)	41

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	140
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	140
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	3.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.81
Fatty acids, monounsaturated, total (g)	2.47
Fatty acids, polyunsaturated, total(g)	0.32
Cholesterol (mg)	43