



Food ID: G083

Food name and Description: Mullet, black-finned

Scientific name: *Planiliza melinopterus*

Alternate/Common name(s): Talilong/Otomebora mullet

Edible portion: 49%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	75.5
Energy, calculated (kcal)	113
Protein (g)	19.3
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)	94
Phosphorus, P (mg)	186
Iron, Fe (mg)	0.4
Sodium, Na (mg)	68

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	130
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	130
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.26
Niacin (mg)	4.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.18
Fatty acids, monounsaturated, total (g)	1.14
Fatty acids, polyunsaturated, total(g)	0.75
Cholesterol (mg)	52