



Food ID: G084

Food name and Description: Mullet, large-scaled

Scientific name: *Ellochelon vaigiensis*

Alternate/Common name(s): Banak

Edible portion: 67%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.8
Energy, calculated (kcal)	89
Protein (g)	20
Total Fat (g)	1
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)	43
Phosphorus, P (mg)	190
Iron, Fe (mg)	0.5
Sodium, Na (mg)	61

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	40
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	40
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	5.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.29
Fatty acids, monounsaturated, total (g)	0.28
Fatty acids, polyunsaturated, total(g)	0.19
Cholesterol (mg)	-