



Food ID: G087

Food name and Description: Bream, doublewhip threadfin

Scientific name: *Nemipterus nematophorus*

Alternate/Common name(s): Bisugo

Edible portion: 45%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	78.2
Energy, calculated (kcal)	90
Protein (g)	19
Total Fat (g)	1.5
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)	81
Phosphorus, P (mg)	185
Iron, Fe (mg)	0.6
Sodium, Na (mg)	88

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	60
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	60
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	2.1
Niacin from tryptophan (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.35
Fatty acids, monounsaturated, total (g)	0.3
Fatty acids, polyunsaturated, total(g)	0.41

