

**Food ID:** G091**Food name and Description:** Parrot fish, daisy**Scientific name:** *Chlorurus sordidus***Alternate/Common name(s):** Isdang loro**Edible portion:** 35%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	78.5
Energy, calculated (kcal)	84
Protein (g)	20
Total Fat (g)	0.4
Carbohydrate, total (g)	0
Ash, total (g)	1.1

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)	27
Phosphorus, P (mg)	154
Iron, Fe (mg)	0.4
Sodium, Na (mg)	103

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	110
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	110
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	2.4
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)	-