



**Food ID:** G093

**Food name and Description:** Silvergrunt, bluecheek

**Scientific name:** *Pomadasys argyreus*

**Alternate/Common name(s):** Bangok-ngok

**Edible portion:** 29%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	78.9
Energy, calculated (kcal)	83
Protein (g)	19.2
Total Fat (g)	0.7
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)	268
Phosphorus, P (mg)	180
Iron, Fe (mg)	2.2
Sodium, Na (mg)	56

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.24
Niacin (mg)	3.1
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.2
Fatty acids, monounsaturated, total (g)	0.16
Fatty acids, polyunsaturated, total(g)	0.2
Cholesterol (mg)	-