



**Food ID:** G095

**Food name and Description:** Bream, humpnose big-eye

**Scientific name:** *Monotaxis grandoculis*

**Alternate/Common name(s):** Malaking mata

**Edible portion:** 46%

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

Water (g)	79.3
Energy, calculated (kcal)	80
Protein (g)	18.9
Total Fat (g)	0.5
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)	52
Phosphorus, P (mg)	182
Iron, Fe (mg)	1.4
Sodium, Na (mg)	48

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

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	5.3
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.13
Fatty acids, monounsaturated, total (g)	0.17
Fatty acids, polyunsaturated, total(g)	0.08
Cholesterol (mg)	-