



Food ID: G096

Food name and Description: Emperor, pink ear

Scientific name: *Lethrinus lentjan*

Alternate/Common name(s): Bitilla

Edible portion: 45%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.3
Energy, calculated (kcal)	89
Protein (g)	21.1
Total Fat (g)	0.5
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)	61
Phosphorus, P (mg)	188
Iron, Fe (mg)	0.4
Sodium, Na (mg)	53

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	7.5
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)	-