



Food ID: G098

Food name and Description: Red snapper/Malabar

Scientific name: *Lutjanus malabaricus*

Alternate/Common name(s): Maya-maya

Edible portion: 44%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	83.2
Energy, calculated (kcal)	64
Protein (g)	15.6
Total Fat (g)	0.2
Carbohydrate, total (g)	0
Ash, total (g)	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)	37
Phosphorus, P (mg)	134
Iron, Fe (mg)	0.6
Sodium, Na (mg)	79

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	25
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	25
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	3.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.04
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.07
Cholesterol (mg)	-