



**Food ID:** G099

**Food name and Description:** Runner, rainbow

**Scientific name:** *Elagatis bipinnulata*

**Alternate/Common name(s):** Salmon

**Edible portion:** 44%

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

Water (g)	78.5
Energy, calculated (kcal)	85
Protein (g)	19.6
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)	30
Phosphorus, P (mg)	188
Iron, Fe (mg)	2.4
Sodium, Na (mg)	54

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

Retinol, Vitamin A (µg)	2
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	6
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)	0.23
Fatty acids, polyunsaturated, total(g)	0.17
Cholesterol (mg)	-