



Food ID: G104

Food name and Description: Scad, big-eye

Scientific name: *Selar crumenophthalmus*

Alternate/Common name(s): Matang baka

Edible portion: 53%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	76.9
Energy, calculated (kcal)	105
Protein (g)	20.8
Total Fat (g)	2.4
Carbohydrate, total (g)	0
Ash, total (g)	1.6

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)	44
Phosphorus, P (mg)	195
Iron, Fe (mg)	1
Sodium, Na (mg)	62

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	140
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	140
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.14
Fatty acids, monounsaturated, total (g)	0.48
Fatty acids, polyunsaturated, total(g)	0.73
Cholesterol (mg)	38