



**Food ID:** G106

**Food name and Description:** Sea bass

**Scientific name:** *Lates calcarifer*

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

**Edible portion:** 55%

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

Water (g)	80.7
Energy, calculated (kcal)	75
Protein (g)	17.8
Total Fat (g)	0.4
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)	46
Phosphorus, P (mg)	150
Iron, Fe (mg)	0.3
Sodium, Na (mg)	69

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	3.1
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.1
Fatty acids, monounsaturated, total (g)	0.08
Fatty acids, polyunsaturated, total(g)	0.15
Cholesterol (mg)	-