



Food ID: G122

Food name and Description: Siganid, javan

Scientific name: *Siganus javus*

Alternate/Common name(s): Samaral/Streaked spinefoot

Edible portion: 46%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.9
Energy, calculated (kcal)	89
Protein (g)	19.8
Total Fat (g)	1.1
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)	42
Phosphorus, P (mg)	139
Iron, Fe (mg)	0.5
Sodium, Na (mg)	65

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	185
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	185
Thiamin, Vitamin B1 (mg)	0.17
Riboflavin, Vitamin B2 (mg)	0.17
Niacin (mg)	4.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

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