

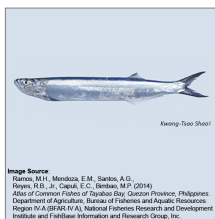


Republic of the Philippines

Department of Science and Technology

FOOD AND NUTRITION RESEARCH INSTITUTE

General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: G123

Food name and Description: Silver-bar fish

Scientific name: *Chirocentrus dorab*

Alternate/Common name(s): Parang-parang/Dorab wolf-herring

Edible portion: 70%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.1
Energy, calculated (kcal)	87
Protein (g)	21.1
Total Fat (g)	0.3
Carbohydrate, total (g)	0
Ash, total (g)	1.5

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)	80
Phosphorus, P (mg)	241
Iron, Fe (mg)	1
Sodium, Na (mg)	60

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	1
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	5.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.07
Fatty acids, monounsaturated, total (g)	0.14
Fatty acids, polyunsaturated, total(g)	0.06
Cholesterol (mg)	-