

**Food ID:** G126**Food name and Description:** Slipmouth, common**Scientific name:** *Leiognathus equulus***Alternate/Common name(s):** Sapsap**Edible portion:** 40%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	78.6
Energy, calculated (kcal)	91
Protein (g)	18.2
Total Fat (g)	2
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)	57
Phosphorus, P (mg)	148
Iron, Fe (mg)	0.3
Sodium, Na (mg)	162

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

Retinol, Vitamin A (µg)	45
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	45
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	2.1
Niacin from tryptophan (mg)	2
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)

-