



Food ID: G130

Food name and Description: Spadefish

Scientific name: *Scatophagus argus*

Alternate/Common name(s): Kitang/Spotted scat

Edible portion: 45%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	76.4
Energy, calculated (kcal)	99
Protein (g)	20.3
Total Fat (g)	2
Carbohydrate, total (g)	0
Ash, total (g)	1.3

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)	66
Phosphorus, P (mg)	178
Iron, Fe (mg)	0.8
Sodium, Na (mg)	81

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	300
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	300
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.27
Niacin (mg)	5.2
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)	-