



Food ID: G133

Food name and Description: Sting ray, blue-spotted

Scientific name: *Neotrygon kuhlii*

Alternate/Common name(s): Dahonan/Dahunan

Edible portion: 41%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	80.1
Energy, calculated (kcal)	74
Protein (g)	18.3
Total Fat (g)	0.1
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)	25
Phosphorus, P (mg)	99
Iron, Fe (mg)	0
Sodium, Na (mg)	73

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	6
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	2.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.02
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.02
Cholesterol (mg)	27