

**Food ID:** G134**Food name and Description:** Sting ray, honeycomb**Scientific name:** *Himantura uarnak***Alternate/Common name(s):** Paging, bulik**Edible portion:** 36%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	84.2
Energy, calculated (kcal)	59
Protein (g)	14.3
Total Fat (g)	0.2
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)	233
Phosphorus, P (mg)	156
Iron, Fe (mg)	0.9
Sodium, Na (mg)	58

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	11
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	11
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	4.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.03
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	53