



Food ID: G135

Food name and Description: Surgeonfish, blue-lined

Scientific name: *Acanthurus mata*

Alternate/Common name(s): Labahita

Edible portion: 41%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	80.2
Energy, calculated (kcal)	78
Protein (g)	17.8
Total Fat (g)	0.7
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)	45
Phosphorus, P (mg)	169
Iron, Fe (mg)	0.5
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	50
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	50
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	3.8
Niacin from tryptophan (mg)	1.6
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)

-