

**Food ID:** G137**Food name and Description:** Tarpon**Scientific name:** *Megalops cyprinoides***Alternate/Common name(s):** Buwan-buwan**Edible portion:** 48%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	77.6
Energy, calculated (kcal)	88
Protein (g)	20.8
Total Fat (g)	0.5
Carbohydrate, total (g)	0
Ash, total (g)	1.1

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)	79
Phosphorus, P (mg)	204
Iron, Fe (mg)	0.6
Sodium, Na (mg)	58

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	175
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	175
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	4.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.12
Fatty acids, monounsaturated, total (g)	0.23
Fatty acids, polyunsaturated, total(g)	0.1
Cholesterol (mg)	-