



Food ID: G138

Food name and Description: Ten-pounder, Hawaiian

Scientific name: *Elops hawaiiensis*

Alternate/Common name(s): Bidbid/Hawaiian ladyfish

Edible portion: 56%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	79.7
Energy, calculated (kcal)	77
Protein (g)	18.8
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)	64
Phosphorus, P (mg)	226
Iron, Fe (mg)	0.4
Sodium, Na (mg)	53

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	135
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	135
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.05
Fatty acids, monounsaturated, total (g)	0.09
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	-