



Food ID: G140

Food name and Description: Theraponid, silvery

Scientific name: *Leiopotherapon plumbeus*

Alternate/Common name(s): Ayungin/Silver perch

Edible portion: 35%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	80.1
Energy, calculated (kcal)	75
Protein (g)	18.4
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)	136
Phosphorus, P (mg)	184
Iron, Fe (mg)	2.2
Sodium, Na (mg)	68

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	100
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	100
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	1.8
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)	-