



Food ID: G142

Food name and Description: Threadfin fish

Scientific name: *Filimanus heptadactyla*

Alternate/Common name(s): Mamale

Edible portion: 35%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	79.7
Energy, calculated (kcal)	81
Protein (g)	18.4
Total Fat (g)	0.8
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)	40
Phosphorus, P (mg)	152
Iron, Fe (mg)	0.3
Sodium, Na (mg)	26

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	6
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	6
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	2.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.48
Fatty acids, monounsaturated, total (g)	0.24
Fatty acids, polyunsaturated, total(g)	0
Cholesterol (mg)	33