

**Food ID:** G143**Food name and Description:** Threadfin, fourfinger**Scientific name:** *Eleutheronema tetradactylum***Alternate/Common name(s):** Mamale**Edible portion:** 40%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	80.7
Energy, calculated (kcal)	73
Protein (g)	17.9
Total Fat (g)	0.1
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)	66
Phosphorus, P (mg)	165
Iron, Fe (mg)	0
Sodium, Na (mg)	24

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	1
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.02
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)	0.06
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0
Cholesterol (mg)	-