



Food ID: G144

Food name and Description: Threadfin, small-mouth

Scientific name: *Polydactylus microstomus*

Alternate/Common name(s): Mamaleng-bato

Edible portion: 42%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	79
Energy, calculated (kcal)	81
Protein (g)	19.7
Total Fat (g)	0.2
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)	35
Phosphorus, P (mg)	183
Iron, Fe (mg)	0.6
Sodium, Na (mg)	26

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	2
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	4.6
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)	0.06
Fatty acids, polyunsaturated, total(g)	0
Cholesterol (mg)	-