



Food ID: G152

Food name and Description: Fusilier, goldband, dried

Scientific name:

Alternate/Common name(s): Dalagang bukid, daing

Edible portion: 66%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	33.4
Energy, calculated (kcal)	214
Protein (g)	42.6
Total Fat (g)	4.9
Carbohydrate, total (g)	0
Ash, total (g)	15.2

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)	344
Phosphorus, P (mg)	390
Iron, Fe (mg)	2.2
Sodium, Na (mg)	7353

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	90
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	90
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	11.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.4
Fatty acids, monounsaturated, total (g)	0.78
Fatty acids, polyunsaturated, total(g)	1.18
Cholesterol (mg)	-