



Food ID: G155

Food name and Description: Cavalla, banded, dried

Scientific name: *N/A*

Alternate/Common name(s): Talakitok/Maliputo, daing

Edible portion: 65%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	41.6
Energy, calculated (kcal)	218
Protein (g)	44.2
Total Fat (g)	4.6
Carbohydrate, total (g)	0
Ash, total (g)	9.5

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)	235
Phosphorus, P (mg)	292
Iron, Fe (mg)	2.2
Sodium, Na (mg)	6448

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	52
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	52
Thiamin, Vitamin B1 (mg)	0.12
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	10
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.9
Fatty acids, monounsaturated, total (g)	1.07
Fatty acids, polyunsaturated, total(g)	0.65
Cholesterol (mg)	112