

**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 |