



Food ID: G158

Food name and Description: Crevalle, deep-bellied, dried

Scientific name:

Alternate/Common name(s): Salay-salay aso, daing

Edible portion: 46%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	38.6
Energy, calculated (kcal)	288
Protein (g)	43.6
Total Fat (g)	12.6
Carbohydrate, total (g)	0
Ash, total (g)	5.2

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)	207
Phosphorus, P (mg)	361
Iron, Fe (mg)	1.4
Sodium, Na (mg)	6773

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	85
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	85
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	7.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.36
Fatty acids, monounsaturated, total (g)	1.55
Fatty acids, polyunsaturated, total(g)	3.23
Cholesterol (mg)	-