



**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)	-