



Food ID: G159

Food name and Description: Croaker, plain, dried

Scientific name:

Alternate/Common name(s): Alakaak, daing

Edible portion: 59%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	35.9
Energy, calculated (kcal)	201
Protein (g)	41.9
Total Fat (g)	3.7
Carbohydrate, total (g)	0
Ash, total (g)	18.5

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)	301
Phosphorus, P (mg)	267
Iron, Fe (mg)	2.8
Sodium, Na (mg)	7071

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	55
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	55
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	4.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.83
Fatty acids, monounsaturated, total (g)	0.79
Fatty acids, polyunsaturated, total(g)	0.93
Cholesterol (mg)	-