



Food ID: G164

Food name and Description: Flatfish/Brill, rough-scaled, dried

Scientific name:

Alternate/Common name(s): Dapa, tuyo

Edible portion: 74%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	21.8
Energy, calculated (kcal)	266
Protein (g)	54.7
Total Fat (g)	1.4
Carbohydrate, total (g)	8.7
Ash, total (g)	13.4

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)	371
Phosphorus, P (mg)	530
Iron, Fe (mg)	3.6
Sodium, Na (mg)	8627

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	45
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	45
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	17.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.32
Fatty acids, monounsaturated, total (g)	0.39
Fatty acids, polyunsaturated, total(g)	0.27
Cholesterol (mg)	-