



Food ID: G165

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

Scientific name:

Alternate/Common name(s): Dapa, daing

Edible portion: 83%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	42.1
Energy, calculated (kcal)	201
Protein (g)	47.7
Total Fat (g)	1.1
Carbohydrate, total (g)	0
Ash, total (g)	14.1

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)	534
Phosphorus, P (mg)	1161
Iron, Fe (mg)	1.4
Sodium, Na (mg)	6387

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	80
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	80
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	9.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.25
Fatty acids, monounsaturated, total (g)	0.3
Fatty acids, polyunsaturated, total(g)	0.21
Cholesterol (mg)	-