

**Food ID:** G168**Food name and Description:** Goby, flat-headed, dried**Scientific name:** *N/A***Alternate/Common name(s):** Biyang puti, daing**Edible portion:** 68%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	34.1
Energy, calculated (kcal)	187
Protein (g)	44.8
Total Fat (g)	0.9
Carbohydrate, total (g)	0
Ash, total (g)	20.2

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)	467
Phosphorus, P (mg)	281
Iron, Fe (mg)	1
Sodium, Na (mg)	7270

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	420
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	420
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	1.5
Niacin from tryptophan (mg)	6.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.14
Fatty acids, monounsaturated, total (g)	0.09
Fatty acids, polyunsaturated, total(g)	0.18

Cholesterol (mg)

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