



Food ID: G170

Food name and Description: Grouper, whitespotted, dried

Scientific name:

Alternate/Common name(s): Lapu-lapu, daing

Edible portion: 52%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	45.3
Energy, calculated (kcal)	158
Protein (g)	35.8
Total Fat (g)	1.6
Carbohydrate, total (g)	0
Ash, total (g)	17.3

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)	470
Phosphorus, P (mg)	268
Iron, Fe (mg)	1.3
Sodium, Na (mg)	4584

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	440
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	440
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	2.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.37
Fatty acids, monounsaturated, total (g)	0.32
Fatty acids, polyunsaturated, total(g)	0.5
Cholesterol (mg)	58