



Food ID: G173

Food name and Description: Lizard fish, common, dried

Scientific name: *N/A*

Alternate/Common name(s): Kalaso, daing

Edible portion: 78%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	38.1
Energy, calculated (kcal)	178
Protein (g)	41.5
Total Fat (g)	1.3
Carbohydrate, total (g)	0
Ash, total (g)	15.3

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)	328
Phosphorus, P (mg)	253
Iron, Fe (mg)	1.5
Sodium, Na (mg)	7126

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)	0.01
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	6.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.33
Fatty acids, monounsaturated, total (g)	0.2
Fatty acids, polyunsaturated, total(g)	0.36
Cholesterol (mg)	120