



Food ID: G180

Food name and Description: Milkfish, dried

Scientific name:

Alternate/Common name(s): Bangus, daing

Edible portion: 84%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	21.9
Energy, calculated (kcal)	415
Protein (g)	51.2
Total Fat (g)	23.3
Carbohydrate, total (g)	0
Ash, total (g)	5.5

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)	1195
Phosphorus, P (mg)	874
Iron, Fe (mg)	3.7
Sodium, Na (mg)	8616

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	120
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	120
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	17.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	5.75
Fatty acids, monounsaturated, total (g)	8.93
Fatty acids, polyunsaturated, total(g)	6.37
Cholesterol (mg)	-