



**Food ID:** G181

**Food name and Description:** Milkfish, in natural oil, cnd

**Scientific name:**

**Alternate/Common name(s):** Bangus, salmon style, de lata

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	75.8
Energy, calculated (kcal)	108
Protein (g)	16.6
Total Fat (g)	4.5
Carbohydrate, total (g)	0.3
Ash, total (g)	2.8

## **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)	306
Phosphorus, P (mg)	283
Iron, Fe (mg)	0.8
Sodium, Na (mg)	266

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	70
beta-Carotene (µg)	20
Retinol Activity Equivalent, RAE (µg)	72
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	6.1
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

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