



Food ID: G182

Food name and Description: Milkfish, in spiced oil, cnd

Scientific name: N/A

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	54.8
Energy, calculated (kcal)	295
Protein (g)	15.8
Total Fat (g)	25.4
Carbohydrate, total (g)	0.9
Ash, total (g)	3.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.5
Sugars, total (g)	0.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	176
Phosphorus, P (mg)	328
Iron, Fe (mg)	0.6
Sodium, Na (mg)	323

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	40
beta-Carotene (µg)	350
Retinol Activity Equivalent, RAE (µg)	69
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	3.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.07
Fatty acids, monounsaturated, total (g)	3.37
Fatty acids, polyunsaturated, total(g)	11.71
Cholesterol (mg)	36