



Food ID: G183

Food name and Description: Milkfish, smoked

Scientific name: N/A

Alternate/Common name(s): Bangus, tinapa

Edible portion: 65%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	58.6
Energy, calculated (kcal)	212
Protein (g)	27.2
Total Fat (g)	11.5
Carbohydrate, total (g)	0
Ash, total (g)	2.7

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)	274
Phosphorus, P (mg)	284
Iron, Fe (mg)	2
Sodium, Na (mg)	1446

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	50
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	50
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	7.4
Niacin from tryptophan (mg)	4.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.84
Fatty acids, monounsaturated, total (g)	4.41
Fatty acids, polyunsaturated, total(g)	3.14

