



Food ID: G185

Food name and Description: Mullet, black-finned, dried

Scientific name:

Alternate/Common name(s): Talilong, daing

Edible portion: 51%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	45.6
Energy, calculated (kcal)	189
Protein (g)	31.3
Total Fat (g)	7.1
Carbohydrate, total (g)	0
Ash, total (g)	16

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)	313
Phosphorus, P (mg)	196
Iron, Fe (mg)	2.5
Sodium, Na (mg)	6001

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
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	4.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.09
Fatty acids, monounsaturated, total (g)	2.02
Fatty acids, polyunsaturated, total(g)	1.34
Cholesterol (mg)	92