



**Food ID:** G186

**Food name and Description:** Mullet, large-scaled, dried

**Scientific name:**

**Alternate/Common name(s):** Banak, daing

**Edible portion:** 67%

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

Water (g)	35.6
Energy, calculated (kcal)	199
Protein (g)	45.4
Total Fat (g)	1.9
Carbohydrate, total (g)	0
Ash, total (g)	17.1

## **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)	169
Phosphorus, P (mg)	339
Iron, Fe (mg)	5.8
Sodium, Na (mg)	7104

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

Retinol, Vitamin A (µg)	130
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	130
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	10.7
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.56
Fatty acids, monounsaturated, total (g)	0.54
Fatty acids, polyunsaturated, total(g)	0.36
Cholesterol (mg)	25