



Food ID: G187

Food name and Description: Bream, doublewhip threadfin, dried

Scientific name:

Alternate/Common name(s): Bisugo, daing

Edible portion: 54%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	40.8
Energy, calculated (kcal)	162
Protein (g)	35.4
Total Fat (g)	2.3
Carbohydrate, total (g)	0
Ash, total (g)	21.5

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)	241
Phosphorus, P (mg)	273
Iron, Fe (mg)	1.5
Sodium, Na (mg)	6531

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	120
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	120
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	6.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.54
Fatty acids, monounsaturated, total (g)	0.46
Fatty acids, polyunsaturated, total(g)	0.62
Cholesterol (mg)	95