



Food ID: G189

Food name and Description: Parrot fish, daisy, dried

Scientific name:

Alternate/Common name(s): Isdang loro, daing

Edible portion: 51%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	21.9
Energy, calculated (kcal)	242
Protein (g)	59.2
Total Fat (g)	0.6
Carbohydrate, total (g)	0
Ash, total (g)	16.8

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)	399
Phosphorus, P (mg)	435
Iron, Fe (mg)	2.1
Sodium, Na (mg)	8616

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	70
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	70
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	12.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-