



Food ID: G191

Food name and Description: Seabream, goldsilk, dried

Scientific name:

Alternate/Common name(s): Bakokong moro, daing

Edible portion: 46%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	40.4
Energy, calculated (kcal)	193
Protein (g)	40.1
Total Fat (g)	3.6
Carbohydrate, total (g)	0
Ash, total (g)	15.9

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)	212
Phosphorus, P (mg)	339
Iron, Fe (mg)	2.3
Sodium, Na (mg)	6575

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	6
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	6
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	7.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.96
Fatty acids, monounsaturated, total (g)	1.25
Fatty acids, polyunsaturated, total(g)	0.57
Cholesterol (mg)	-