

Republic of the Philippines **Department of Science and Technology** FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



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)	-

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 13:23:47