



Food ID: G192

Food name and Description: Red snapper/Malabar, dried

Scientific name:

Alternate/Common name(s): Maya-maya, daing

Edible portion: 73%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	34
Energy, calculated (kcal)	204
Protein (g)	45
Total Fat (g)	2.7
Carbohydrate, total (g)	0
Ash, total (g)	14.8

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)	232
Phosphorus, P (mg)	471
Iron, Fe (mg)	3.2
Sodium, Na (mg)	7468

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)	0.02
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	12.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.57
Fatty acids, monounsaturated, total (g)	0.51
Fatty acids, polyunsaturated, total(g)	0.92
Cholesterol (mg)	75