



Food ID: G209

Food name and Description: Sea bass, dried

Scientific name:

Alternate/Common name(s): Apahap, daing

Edible portion: 55%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	41.9
Energy, calculated (kcal)	244
Protein (g)	44
Total Fat (g)	7.6
Carbohydrate, total (g)	0
Ash, total (g)	6.4

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)	281
Phosphorus, P (mg)	203
Iron, Fe (mg)	1.2
Sodium, Na (mg)	4869

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	125
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	125
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	3.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.94
Fatty acids, monounsaturated, total (g)	1.61
Fatty acids, polyunsaturated, total(g)	2.82
Cholesterol (mg)	156