



Food ID: G213

Food name and Description: Siganid, javan, dried

Scientific name:

Alternate/Common name(s): Samaral, daing

Edible portion: 57%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	47.3
Energy, calculated (kcal)	184
Protein (g)	42.5
Total Fat (g)	1.6
Carbohydrate, total (g)	0
Ash, total (g)	8.6

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)	195
Phosphorus, P (mg)	314
Iron, Fe (mg)	2.6
Sodium, Na (mg)	5814

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	85
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	85
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	6
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)	-