

**Food ID:** G218**Food name and Description:** Sting ray, honeycomb, dried**Scientific name:** N/A**Alternate/Common name(s):** Paging, bulik, daing**Edible portion:** -%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	34.2
Energy, calculated (kcal)	209
Protein (g)	49
Total Fat (g)	0.9
Carbohydrate, total (g)	1.3
Ash, total (g)	14.6

**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)	1649
Phosphorus, P (mg)	697
Iron, Fe (mg)	4.8
Sodium, Na (mg)	-

**Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	80
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	80
Thiamin, Vitamin B1 (mg)	0.45
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	3.6
Ascorbic Acid, Vitamin C (mg)	0

**Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.15
Fatty acids, monounsaturated, total (g)	0.09
Fatty acids, polyunsaturated, total(g)	0.18
Cholesterol (mg)	-