



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)	-