



**Food ID:** G219

**Food name and Description:** Surgeonfish, blue-lined, dried

**Scientific name:**

**Alternate/Common name(s):** Labahita, daing

**Edible portion:** 73%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	42.1
Energy, calculated (kcal)	186
Protein (g)	34.7
Total Fat (g)	5.2
Carbohydrate, total (g)	0
Ash, total (g)	17.5

## **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)	138
Phosphorus, P (mg)	338
Iron, Fe (mg)	3.1
Sodium, Na (mg)	4852

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	8.8
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)	-