



Food ID: G221

Food name and Description: Theraponid, silvery, dried

Scientific name:

Alternate/Common name(s): Ayungin, tuyo

Edible portion: 64%

Proximates (Food Composition per 100g Edible Portion)

| | |
|---------------------------|------|
| Water (g) | 11.5 |
| Energy, calculated (kcal) | 340 |
| Protein (g) | 54.6 |
| Total Fat (g) | 13.5 |
| Carbohydrate, total (g) | 0 |
| Ash, total (g) | 20.4 |

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) | 5317 |
| Phosphorus, P (mg) | 1356 |
| Iron, Fe (mg) | 20.2 |
| Sodium, Na (mg) | - |

Vitamins (Food Composition per 100g Edible Portion)

| | |
|---------------------------------------|------|
| Retinol, Vitamin A (µg) | 185 |
| beta-Carotene (µg) | 0 |
| Retinol Activity Equivalent, RAE (µg) | 185 |
| Thiamin, Vitamin B1 (mg) | 0.07 |
| Riboflavin, Vitamin B2 (mg) | 0.39 |
| Niacin (mg) | 4.2 |
| 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) | - |