

**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)	-