



Food ID: R022

Food name and Description: Milk fish, w/ black beans, cnd

Scientific name:

Alternate/Common name(s): Bangus may tawsi, de lata

Edible portion: 94%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	58.6
Energy, calculated (kcal)	243
Protein (g)	18.6
Total Fat (g)	18.7
Carbohydrate, total (g)	0
Ash, total (g)	4.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.3
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	224
Phosphorus, P (mg)	232
Iron, Fe (mg)	1.6
Sodium, Na (mg)	536

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	35
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.49
Niacin (mg)	5.3
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)	-