



Food ID: R098

Food name and Description: Red snapper fritata, prep, w/ MLP

Scientific name:

Alternate/Common name(s): Maya-maya torta w/ MLP

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	57.3
Energy, calculated (kcal)	260
Protein (g)	15.3
Total Fat (g)	19.5
Carbohydrate, total (g)	5.7
Ash, total (g)	2.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.4
Sugars, total (g)	1.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	40
Phosphorus, P (mg)	160
Iron, Fe (mg)	1.3
Sodium, Na (mg)	436

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	264
beta-Carotene (µg)	890
Retinol Activity Equivalent, RAE (µg)	338
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.22
Niacin (mg)	2.9
Ascorbic Acid, Vitamin C (mg)	13

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	13.2
Fatty acids, monounsaturated, total (g)	2.6
Fatty acids, polyunsaturated, total(g)	0.8
Cholesterol (mg)	138