



**Food ID:** G006

**Food name and Description:** Anchovy, long-jawed, w/o head

**Scientific name:** *Stolephorus commersonii*

**Alternate/Common name(s):** Dilis, walang ulo

**Edible portion:** 100%

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

Water (g)	71.7
Energy, calculated (kcal)	129
Protein (g)	19.9
Total Fat (g)	5.5
Carbohydrate, total (g)	0
Ash, total (g)	2.9

## 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)	501
Phosphorus, P (mg)	291
Iron, Fe (mg)	1
Sodium, Na (mg)	148

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

Retinol, Vitamin A (µg)	105
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	105
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	2.7
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)	-