



Food ID: G007

Food name and Description: Anchovy, long-jawed, whole

Scientific name: *Stolephorus commersonii*

Alternate/Common name(s): Dilis, buo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	79.8
Energy, calculated (kcal)	69
Protein (g)	14.1
Total Fat (g)	1.4
Carbohydrate, total (g)	0
Ash, total (g)	2.8

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)	752
Phosphorus, P (mg)	482
Iron, Fe (mg)	1.2
Sodium, Na (mg)	120

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	65
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	65
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	1.9
Niacin from tryptophan (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.53
Fatty acids, monounsaturated, total (g)	0.37
Fatty acids, polyunsaturated, total(g)	0.36

