



Food ID: G067

Food name and Description: Herring, big-eyed

Scientific name: *Pellona ditchela*

Alternate/Common name(s): Tuabak/Dilat

Edible portion: 31%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	75.4
Energy, calculated (kcal)	96
Protein (g)	22.2
Total Fat (g)	0.8
Carbohydrate, total (g)	0
Ash, total (g)	1.6

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)	99
Phosphorus, P (mg)	18
Iron, Fe (mg)	0.7
Sodium, Na (mg)	64

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	110
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	110
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	3.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.19
Fatty acids, monounsaturated, total (g)	0.4
Fatty acids, polyunsaturated, total(g)	0.14
Cholesterol (mg)	-