



Food ID: G068

Food name and Description: Herring, deep-bodied

Scientific name: *Sardinella albella*

Alternate/Common name(s): Lapad/White sardinella

Edible portion: 59%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.3
Energy, calculated (kcal)	91
Protein (g)	19.7
Total Fat (g)	1.3
Carbohydrate, total (g)	0
Ash, total (g)	1.7

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)	124
Phosphorus, P (mg)	298
Iron, Fe (mg)	1.2
Sodium, Na (mg)	59

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	50
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	50
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	2.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.31
Fatty acids, monounsaturated, total (g)	0.64
Fatty acids, polyunsaturated, total(g)	0.23
Cholesterol (mg)	-