



Food ID: G070

Food name and Description: Mackerel, short-bodied

Scientific name: *Rastrelliger brachysoma*

Alternate/Common name(s): Hasa-hasa

Edible portion: 52%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	74.5
Energy, calculated (kcal)	108
Protein (g)	21.6
Total Fat (g)	2.4
Carbohydrate, total (g)	0
Ash, total (g)	1.5

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)	78
Phosphorus, P (mg)	246
Iron, Fe (mg)	1.3
Sodium, Na (mg)	172

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	100
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	100
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	8.4
Niacin from tryptophan (mg)	1.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.68
Fatty acids, monounsaturated, total (g)	0.8
Fatty acids, polyunsaturated, total(g)	0.59

Cholesterol (mg)

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