

**Food ID:** G071**Food name and Description:** Mackerel, short-bodied, fried**Scientific name:** *Rastrelliger brachysoma***Alternate/Common name(s):** Hasa-hasa, prito**Edible portion:** 68%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	61.2
Energy, calculated (kcal)	221
Protein (g)	21.6
Total Fat (g)	14.9
Carbohydrate, total (g)	0
Ash, total (g)	2.3

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)	202
Phosphorus, P (mg)	378
Iron, Fe (mg)	2.1
Sodium, Na (mg)	117

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	70
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	70
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	6.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.24
Fatty acids, monounsaturated, total (g)	4.97
Fatty acids, polyunsaturated, total(g)	3.66
Cholesterol (mg)	-