



Food ID: G072

Food name and Description: Mackerel, Spanish

Scientific name: *Scomberomorus commerson*

Alternate/Common name(s): Tangigi

Edible portion: 69%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	79.7
Energy, calculated (kcal)	80
Protein (g)	17.6
Total Fat (g)	1.1
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)	23
Phosphorus, P (mg)	236
Iron, Fe (mg)	1
Sodium, Na (mg)	49

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	250
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	250
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	5.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.32
Fatty acids, monounsaturated, total (g)	0.27
Fatty acids, polyunsaturated, total(g)	0.3
Cholesterol (mg)	-