

**Food ID:** G100**Food name and Description:** Sardine, bombon**Scientific name:** *Sardinella tawilis***Alternate/Common name(s):** Tawilis/Freshwater sardinella**Edible portion:** -%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	75
Energy, calculated (kcal)	114
Protein (g)	19.3
Total Fat (g)	4.1
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)	206
Phosphorus, P (mg)	448
Iron, Fe (mg)	1.6
Sodium, Na (mg)	65

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
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	3.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.08
Fatty acids, monounsaturated, total (g)	0.8
Fatty acids, polyunsaturated, total(g)	1.04
Cholesterol (mg)	48