



Food ID: G101

Food name and Description: Sardine, fimbriated

Scientific name: *Sardinella brachysoma*

Alternate/Common name(s): Tabagak

Edible portion: 54%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	75.3
Energy, calculated (kcal)	106
Protein (g)	20.5
Total Fat (g)	2.7
Carbohydrate, total (g)	0
Ash, total (g)	1.4

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)	84
Phosphorus, P (mg)	262
Iron, Fe (mg)	1.2
Sodium, Na (mg)	96

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	15
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	15
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	4
Ascorbic Acid, Vitamin C (mg)	1

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.71
Fatty acids, monounsaturated, total (g)	0.53
Fatty acids, polyunsaturated, total(g)	0.68
Cholesterol (mg)	32