



Republic of the Philippines

Department of Science and Technology

**FOOD AND NUTRITION RESEARCH INSTITUTE**

General Santos Avenue, Bicutan, Taguig City, Philippines



**Food ID:** G102

**Food name and Description:** Sardine, fimbriated, fry

**Scientific name:** *Sardinella fimbriata*

**Alternate/Common name(s):** Silinyasi

**Edible portion:** 68%

## Proximates (Food Composition per 100g Edible Portion)

Water (g)	74.6
Energy, calculated (kcal)	101
Protein (g)	20.6
Total Fat (g)	2.1
Carbohydrate, total (g)	0
Ash, total (g)	2.6

## 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)	569
Phosphorus, P (mg)	384
Iron, Fe (mg)	1.7
Sodium, Na (mg)	115

## Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	45
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	45
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	6.4
Niacin from tryptophan (mg)	1.9
Ascorbic Acid, Vitamin C (mg)	0

## Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.55
Fatty acids, monounsaturated, total (g)	0.41
Fatty acids, polyunsaturated, total(g)	0.53

