



Food ID: G103

Food name and Description: Sardine, Indian

Scientific name: *Sardinella longiceps*

Alternate/Common name(s): Tamban/Sardine, Indian oil

Edible portion: 52%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	74.2
Energy, calculated (kcal)	120
Protein (g)	19.5
Total Fat (g)	4.7
Carbohydrate, total (g)	0
Ash, total (g)	1.5

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)	121
Phosphorus, P (mg)	285
Iron, Fe (mg)	1.6
Sodium, Na (mg)	68

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	30
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	30
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.17
Niacin (mg)	8
Niacin from tryptophan (mg)	1.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.24
Fatty acids, monounsaturated, total (g)	0.92
Fatty acids, polyunsaturated, total(g)	1.19

