



**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

