

**Food ID:** G105**Food name and Description:** Scad, round**Scientific name:** *Decapterus macrosoma***Alternate/Common name(s):** Galunggong**Edible portion:** 49%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	76.8
Energy, calculated (kcal)	100
Protein (g)	20.4
Total Fat (g)	2.1
Carbohydrate, total (g)	0
Ash, total (g)	1.2

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)	61
Phosphorus, P (mg)	212
Iron, Fe (mg)	1.2
Sodium, Na (mg)	88

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	60
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	60
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	7.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.78
Fatty acids, monounsaturated, total (g)	0.65
Fatty acids, polyunsaturated, total(g)	0.6
Cholesterol (mg)	-