

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



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)	-

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 15:00:18