



Food ID: G146

Food name and Description: Tuna, frigate

Scientific name: *Auxis thazard*

Alternate/Common name(s): Tulingan

Edible portion: 62%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	72.5
Energy, calculated (kcal)	119
Protein (g)	24
Total Fat (g)	2.6
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)	41
Phosphorus, P (mg)	248
Iron, Fe (mg)	1.2
Sodium, Na (mg)	73

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	90
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	90
Thiamin, Vitamin B1 (mg)	0.26
Riboflavin, Vitamin B2 (mg)	0.24
Niacin (mg)	14.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.84
Fatty acids, monounsaturated, total (g)	0.49
Fatty acids, polyunsaturated, total(g)	0.81
Cholesterol (mg)	-