



**Food ID:** G147

**Food name and Description:** Tuna, yellow-fin

**Scientific name:** *Thunnus albacares*

**Alternate/Common name(s):** Tambakol

**Edible portion:** 67%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	74.4
Energy, calculated (kcal)	107
Protein (g)	23.6
Total Fat (g)	1.4
Carbohydrate, total (g)	0
Ash, total (g)	2.3

## **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)	65
Phosphorus, P (mg)	471
Iron, Fe (mg)	1
Sodium, Na (mg)	95

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	140
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	140
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.21
Niacin (mg)	16
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.49
Fatty acids, monounsaturated, total (g)	0.33
Fatty acids, polyunsaturated, total(g)	0.42
Cholesterol (mg)	-