



Food ID: G149

Food name and Description: Amber fish, dried

Scientific name:

Alternate/Common name(s): Tonto, daing

Edible portion: 65%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	20.1
Energy, calculated (kcal)	275
Protein (g)	57.2
Total Fat (g)	5.1
Carbohydrate, total (g)	0
Ash, total (g)	19.1

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)	2227
Phosphorus, P (mg)	902
Iron, Fe (mg)	4.3
Sodium, Na (mg)	8814

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	135
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	135
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	23.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.25
Fatty acids, monounsaturated, total (g)	1.94
Fatty acids, polyunsaturated, total(g)	1.38
Cholesterol (mg)	-