



Food ID: G150

Food name and Description: Anchovy, long-jawed, dried

Scientific name: *N/A*

Alternate/Common name(s): Dilis, tuyo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	12.6
Energy, calculated (kcal)	318
Protein (g)	69
Total Fat (g)	4.7
Carbohydrate, total (g)	0
Ash, total (g)	14.3

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)	2469
Phosphorus, P (mg)	1762
Iron, Fe (mg)	6.5
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.23
Niacin (mg)	20.8
Niacin from tryptophan (mg)	5.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.82
Fatty acids, monounsaturated, total (g)	1.21
Fatty acids, polyunsaturated, total(g)	1.21

