



Food ID: G151

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

Scientific name:

Alternate/Common name(s): Dilis, giniling

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	5.2
Energy, calculated (kcal)	351
Protein (g)	82
Total Fat (g)	2.6
Carbohydrate, total (g)	0
Ash, total (g)	10.2

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)	2296
Phosphorus, P (mg)	1120
Iron, Fe (mg)	31.3
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	350
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	350
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	9.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.01
Fatty acids, monounsaturated, total (g)	0.67
Fatty acids, polyunsaturated, total(g)	0.67
Cholesterol (mg)	51