



Food ID: G156

Food name and Description: Cod, dried

Scientific name:

Alternate/Common name(s): Bakalaw, daing

Edible portion: 73%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	27.8
Energy, calculated (kcal)	218
Protein (g)	51.8
Total Fat (g)	1.2
Carbohydrate, total (g)	0
Ash, total (g)	19.2

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)	371
Phosphorus, P (mg)	339
Iron, Fe (mg)	3
Sodium, Na (mg)	6050

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	21
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	21
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	4.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.23
Fatty acids, monounsaturated, total (g)	0.17
Fatty acids, polyunsaturated, total(g)	0.41
Cholesterol (mg)	77