



Food ID: G160

Food name and Description: Eel, swamp, dried

Scientific name: *N/A*

Alternate/Common name(s): Palos, daing

Edible portion: 82%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	32.2
Energy, calculated (kcal)	238
Protein (g)	47.4
Total Fat (g)	5.4
Carbohydrate, total (g)	0
Ash, total (g)	10.9

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)	317
Phosphorus, P (mg)	361
Iron, Fe (mg)	1.9
Sodium, Na (mg)	7479

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	70
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	70
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	4.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.09
Fatty acids, monounsaturated, total (g)	3.33
Fatty acids, polyunsaturated, total(g)	0.44
Cholesterol (mg)	58