

**Food ID:** G166**Food name and Description:** Gizzard shad, short-finned, dried**Scientific name:****Alternate/Common name(s):** Kabasi, daing**Edible portion:** 47%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	46.5
Energy, calculated (kcal)	149
Protein (g)	26
Total Fat (g)	5
Carbohydrate, total (g)	0
Ash, total (g)	22.5

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)	492
Phosphorus, P (mg)	483
Iron, Fe (mg)	2.8
Sodium, Na (mg)	5902

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	170
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	170
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	3.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.14
Fatty acids, monounsaturated, total (g)	2.08
Fatty acids, polyunsaturated, total(g)	1.19
Cholesterol (mg)	-