



Food ID: G167

Food name and Description: Gizzard shad, short-finned, smoked

Scientific name:

Alternate/Common name(s): Kabasi, tinapa

Edible portion: 53%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	65.1
Energy, calculated (kcal)	130
Protein (g)	26.6
Total Fat (g)	2.6
Carbohydrate, total (g)	0
Ash, total (g)	5.7

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)	302
Phosphorus, P (mg)	217
Iron, Fe (mg)	0.8
Sodium, Na (mg)	1219

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	6
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	6
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	3.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.59
Fatty acids, monounsaturated, total (g)	1.08
Fatty acids, polyunsaturated, total(g)	0.62
Cholesterol (mg)	-