



Food ID: G171

Food name and Description: Hard-tail, dried

Scientific name:

Alternate/Common name(s): Oriles, daing

Edible portion: 67%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	43.8
Energy, calculated (kcal)	219
Protein (g)	48.7
Total Fat (g)	2.7
Carbohydrate, total (g)	0
Ash, total (g)	8.2

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)	401
Phosphorus, P (mg)	381
Iron, Fe (mg)	3.2
Sodium, Na (mg)	6200

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	95
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	95
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	11.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.77
Fatty acids, monounsaturated, total (g)	0.9
Fatty acids, polyunsaturated, total(g)	0.66
Cholesterol (mg)	-