



**Food ID:** G174

**Food name and Description:** Mackerel scad, in tomato sce, cnd

**Scientific name:** N/A

**Alternate/Common name(s):** Bakutut, sa tomato sce, de lata

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	72.8
Energy, calculated (kcal)	147
Protein (g)	13.4
Total Fat (g)	9.4
Carbohydrate, total (g)	2.2
Ash, total (g)	2.2

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.2
Sugars, total (g)	1.2

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	210
Phosphorus, P (mg)	184
Iron, Fe (mg)	1.7
Sodium, Na (mg)	212

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	30
beta-Carotene (µg)	181
Retinol Activity Equivalent, RAE (µg)	45
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	5
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.02
Fatty acids, monounsaturated, total (g)	3.83
Fatty acids, polyunsaturated, total(g)	2.28
Cholesterol (mg)	34