



**Food ID:** G175

**Food name and Description:** Mackerel, short-bodied, dried

**Scientific name:**

**Alternate/Common name(s):** Hasa-hasas, tuyo

**Edible portion:** 66%

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

Water (g)	38
Energy, calculated (kcal)	202
Protein (g)	41.2
Total Fat (g)	4.1
Carbohydrate, total (g)	0
Ash, total (g)	16.8

## **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)	420
Phosphorus, P (mg)	418
Iron, Fe (mg)	2.9
Sodium, Na (mg)	6840

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

Retinol, Vitamin A (µg)	40
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	40
Thiamin, Vitamin B1 (mg)	0.11
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	9.6
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)	0.51
Fatty acids, polyunsaturated, total(g)	1.05
Cholesterol (mg)	150