



Food ID: G176

Food name and Description: Mackerel, short-bodied, smoked

Scientific name:

Alternate/Common name(s): Hasa-hasa, tinapa

Edible portion: 59%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	61.6
Energy, calculated (kcal)	139
Protein (g)	29.8
Total Fat (g)	2.2
Carbohydrate, total (g)	0
Ash, total (g)	6.4

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)	99
Phosphorus, P (mg)	242
Iron, Fe (mg)	2.1
Sodium, Na (mg)	544

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	10.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.53
Fatty acids, monounsaturated, total (g)	0.21
Fatty acids, polyunsaturated, total(g)	1.03
Cholesterol (mg)	-