



Food ID: G177

Food name and Description: Mackerel, Spanish, dried

Scientific name: N/A

Alternate/Common name(s): Tangigi, daing

Edible portion: 96%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	41.9
Energy, calculated (kcal)	184
Protein (g)	41
Total Fat (g)	2.2
Carbohydrate, total (g)	0
Ash, total (g)	14.9

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)	88
Phosphorus, P (mg)	335
Iron, Fe (mg)	2.1
Sodium, Na (mg)	6409

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	45
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	45
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	12.7
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)	0.27
Fatty acids, polyunsaturated, total(g)	0.56
Cholesterol (mg)	81