



**Food ID:** G178

**Food name and Description:** Mackerel, Indian, dried

**Scientific name:** *N/A*

**Alternate/Common name(s):** Alumahan, daing

**Edible portion:** 62%

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

Water (g)	41.6
Energy, calculated (kcal)	193
Protein (g)	41
Total Fat (g)	3.2
Carbohydrate, total (g)	0
Ash, total (g)	14.2

### **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)	184
Phosphorus, P (mg)	349
Iron, Fe (mg)	2.8
Sodium, Na (mg)	6442

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

Retinol, Vitamin A (µg)	185
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	185
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	16.6
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.85
Fatty acids, monounsaturated, total (g)	0.39
Fatty acids, polyunsaturated, total(g)	0.82
Cholesterol (mg)	117