

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: G179 Food name and Description: Mackerel, Indian, in tomato sce Scientific name: N/AAlternate/Common name(s): Alumahan, sa tomato sce Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	76.1
Energy, calculated (kcal)	105
Protein (g)	16.5
Total Fat (g)	4.1
Carbohydrate, total (g)	0
Ash, total (g)	2.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.1
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	402
Phosphorus, P (mg)	261
Iron, Fe (mg)	2.6
Sodium, Na (mg)	186

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	320
beta-Carotene (μg)	79
Retinol Activity Equivalent, RAE (µg)	327
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.26
Niacin (mg)	5.2
Ascorbic Acid, Vitamin C (mg)	4

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0.88
Fatty acids, monounsaturated, total (g)	1.67
Fatty acids, polyunsaturated, total(g)	0.99
Cholesterol (mg)	15

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 12:13:52