



**Food ID:** G179

**Food name and Description:** Mackerel, Indian, in tomato sce

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

**Alternate/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