



Food ID: G193

Food name and Description: Runner, rainbow, in oil, cnd

Scientific name:

Alternate/Common name(s): Salmon, sa mantika, de lata

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	59.7
Energy, calculated (kcal)	192
Protein (g)	20.4
Total Fat (g)	8.2
Carbohydrate, total (g)	9
Ash, total (g)	2.6

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)	249
Phosphorus, P (mg)	287
Iron, Fe (mg)	0.8
Sodium, Na (mg)	444

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)	0.02
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	6.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.3
Fatty acids, monounsaturated, total (g)	3.31
Fatty acids, polyunsaturated, total(g)	3.02
Cholesterol (mg)	31