



Food ID: G194

Food name and Description: Sardine, bombon, dried

Scientific name:

Alternate/Common name(s): Tawilis, tuyo

Edible portion: 48%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	54.5
Energy, calculated (kcal)	157
Protein (g)	26.2
Total Fat (g)	5.8
Carbohydrate, total (g)	0
Ash, total (g)	13.5

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)	251
Phosphorus, P (mg)	168
Iron, Fe (mg)	18.8
Sodium, Na (mg)	207

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	42
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	42
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	2.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.56
Fatty acids, monounsaturated, total (g)	1.17
Fatty acids, polyunsaturated, total(g)	1.58
Cholesterol (mg)	116