



Food ID: G195

Food name and Description: Sardine, bombon, smoked

Scientific name:

Alternate/Common name(s): Tawilis, tinapa

Edible portion: 55%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	58.4
Energy, calculated (kcal)	155
Protein (g)	31
Total Fat (g)	3.4
Carbohydrate, total (g)	0
Ash, total (g)	7.2

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)	246
Phosphorus, P (mg)	489
Iron, Fe (mg)	1.8
Sodium, Na (mg)	1453

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	60
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	60
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.7
Fatty acids, monounsaturated, total (g)	1.76
Fatty acids, polyunsaturated, total(g)	0.48
Cholesterol (mg)	40