



**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