



**Food ID:** G196

**Food name and Description:** Sardine, fimbriated, fry, dried

**Scientific name:** N/A

**Alternate/Common name(s):** Silinyasi, tuyo

**Edible portion:** 57%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	40.3
Energy, calculated (kcal)	183
Protein (g)	40.9
Total Fat (g)	2.1
Carbohydrate, total (g)	0
Ash, total (g)	16.7

### **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)	209
Phosphorus, P (mg)	442
Iron, Fe (mg)	2.5
Sodium, Na (mg)	-

### **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)	0.01
Riboflavin, Vitamin B2 (mg)	0.21
Niacin (mg)	8
Niacin from tryptophan (mg)	8.7
Ascorbic Acid, Vitamin C (mg)	0

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.57
Fatty acids, monounsaturated, total (g)	0.42
Fatty acids, polyunsaturated, total(g)	0.57

