



Food ID: G197

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

Scientific name:

Alternate/Common name(s): Silinyasi, daing

Edible portion: 60%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	9.2
Energy, calculated (kcal)	343
Protein (g)	57.3
Total Fat (g)	12.6
Carbohydrate, total (g)	0
Ash, total (g)	20.8

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)	3165
Phosphorus, P (mg)	1603
Iron, Fe (mg)	7.6
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	95
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	95
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	14
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.39
Fatty acids, monounsaturated, total (g)	2.54
Fatty acids, polyunsaturated, total(g)	3.44
Cholesterol (mg)	-