



**Food ID:** G198

**Food name and Description:** Sardine, fimbriated, smoked

**Scientific name:** *N/A*

**Alternate/Common name(s):** Tabagak, tinapa

**Edible portion:** 58%

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

Water (g)	58.7
Energy, calculated (kcal)	168
Protein (g)	31.2
Total Fat (g)	4
Carbohydrate, total (g)	1.9
Ash, total (g)	4.2

## **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)	99
Phosphorus, P (mg)	391
Iron, Fe (mg)	2.4
Sodium, Na (mg)	1443

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

Retinol, Vitamin A (µg)	40
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	40
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.3
Niacin (mg)	12
Ascorbic Acid, Vitamin C (mg)	8

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

Fatty acids, saturated, total (g)	0.82
Fatty acids, monounsaturated, total (g)	2.07
Fatty acids, polyunsaturated, total(g)	0.57
Cholesterol (mg)	47