



**Food ID:** G199

**Food name and Description:** Sardine, Indian, dried

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

**Alternate/Common name(s):** Tamban, daing

**Edible portion:** 77%

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

Water (g)	43.1
Energy, calculated (kcal)	160
Protein (g)	37.4
Total Fat (g)	1.1
Carbohydrate, total (g)	0
Ash, total (g)	18.4

## **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)	283
Phosphorus, P (mg)	315
Iron, Fe (mg)	3.7
Sodium, Na (mg)	-

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

Retinol, Vitamin A (µg)	80
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	80
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	14.5
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.3
Fatty acids, monounsaturated, total (g)	0.22
Fatty acids, polyunsaturated, total(g)	0.3
Cholesterol (mg)	-