



Food ID: G200

Food name and Description: Sardine, Indian, dried

Scientific name: *N/A*

Alternate/Common name(s): Tamban, tuyo

Edible portion: 54%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	34.9
Energy, calculated (kcal)	215
Protein (g)	43
Total Fat (g)	4.8
Carbohydrate, total (g)	0
Ash, total (g)	17.3

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)	430
Phosphorus, P (mg)	485
Iron, Fe (mg)	1.8
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	90
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	90
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.32
Niacin (mg)	12.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.29
Fatty acids, monounsaturated, total (g)	0.97
Fatty acids, polyunsaturated, total(g)	1.31
Cholesterol (mg)	96