



Food ID: G201

Food name and Description: Sardine, Indian, smoked

Scientific name: N/A

Alternate/Common name(s): Tamban, tinapa

Edible portion: 60%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	61.4
Energy, calculated (kcal)	160
Protein (g)	30
Total Fat (g)	4.4
Carbohydrate, total (g)	0
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)	222
Phosphorus, P (mg)	228
Iron, Fe (mg)	1.3
Sodium, Na (mg)	1348

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)	0.14
Niacin (mg)	7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.9
Fatty acids, monounsaturated, total (g)	2.28
Fatty acids, polyunsaturated, total(g)	0.62
Cholesterol (mg)	51