



**Food ID:** G202

**Food name and Description:** Sardines, in spiced oil, cnd

**Scientific name:** N/A

**Alternate/Common name(s):** Sardinas, Spanish style, de lata

**Edible portion:** 100%

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

Water (g)	39.5
Energy, calculated (kcal)	438
Protein (g)	19.8
Total Fat (g)	39.9
Carbohydrate, total (g)	0
Ash, total (g)	3.4

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.7
Sugars, total (g)	0

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

Calcium, Ca (mg)	544
Phosphorus, P (mg)	315
Iron, Fe (mg)	2
Potassium, K (mg)	327
Sodium, Na (mg)	432
Zinc, Zn (mg)	1.5

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

Retinol, Vitamin A (µg)	8
beta-Carotene (µg)	54
Retinol Activity Equivalent, RAE (µg)	13
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	10.6
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	6.4
Fatty acids, monounsaturated, total (g)	5.3

Fatty acids, polyunsaturated, total(g)	18.4
Cholesterol (mg)	57