

**Food ID:** G203**Food name and Description:** Sardines, in tomato sce, cnd**Scientific name:** *N/A***Alternate/Common name(s):** Sardinas, sa tomato sce, de lata**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	80.4
Energy, calculated (kcal)	88
Protein (g)	9.7
Total Fat (g)	4.3
Carbohydrate, total (g)	2.7
Ash, total (g)	2.9

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

Fiber, total dietary (g)	0.4
Sugars, total (g)	0.3

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

Calcium, Ca (mg)	345
Phosphorus, P (mg)	157
Iron, Fe (mg)	2.4
Potassium, K (mg)	248
Sodium, Na (mg)	311
Zinc, Zn (mg)	1.6

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

Retinol, Vitamin A (µg)	602
beta-Carotene (µg)	83
Retinol Activity Equivalent, RAE (µg)	609
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	3.7
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	2.3
Fatty acids, monounsaturated, total (g)	0.1

Fatty acids, polyunsaturated, total(g)	0.3
Cholesterol (mg)	48