



Food ID: G204

Food name and Description: Sardines, smoked, cnd

Scientific name: *N/A*

Alternate/Common name(s): Sardinas, tinapa, de lata

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	61.4
Energy, calculated (kcal)	157
Protein (g)	29
Total Fat (g)	4.2
Carbohydrate, total (g)	0.8
Ash, total (g)	4.6

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)	205
Phosphorus, P (mg)	174
Iron, Fe (mg)	0.8
Sodium, Na (mg)	1112

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	6.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

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