



Food ID: G205

Food name and Description: Scad, big-eye, dried

Scientific name:

Alternate/Common name(s): Matang baka, daing

Edible portion: 58%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	40.8
Energy, calculated (kcal)	175
Protein (g)	39.8
Total Fat (g)	1.7
Carbohydrate, total (g)	0
Ash, total (g)	17.7

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)	241
Phosphorus, P (mg)	297
Iron, Fe (mg)	3.2
Sodium, Na (mg)	6531

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	165
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	165
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	14.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.45
Fatty acids, monounsaturated, total (g)	0.21
Fatty acids, polyunsaturated, total(g)	0.44
Cholesterol (mg)	62