



Food ID: G206

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

Scientific name:

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

Edible portion: 66%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	64.7
Energy, calculated (kcal)	134
Protein (g)	25.5
Total Fat (g)	3.6
Carbohydrate, total (g)	0
Ash, total (g)	6.2

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)	145
Phosphorus, P (mg)	234
Iron, Fe (mg)	1.6
Sodium, Na (mg)	1233

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	210
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	210
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	9.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.72
Fatty acids, monounsaturated, total (g)	0.72
Fatty acids, polyunsaturated, total(g)	1.1
Cholesterol (mg)	57