

**Food ID:** G207**Food name and Description:** Scad, round, dried**Scientific name:** *N/A***Alternate/Common name(s):** Galunggong, daing**Edible portion:** 61%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	38.8
Energy, calculated (kcal)	199
Protein (g)	41.1
Total Fat (g)	3.8
Carbohydrate, total (g)	0
Ash, total (g)	16.3

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)	437
Phosphorus, P (mg)	474
Iron, Fe (mg)	7.6
Sodium, Na (mg)	6751

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	310
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	310
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	10.3
Niacin from tryptophan (mg)	7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.01
Fatty acids, monounsaturated, total (g)	0.47
Fatty acids, polyunsaturated, total(g)	0.98

Cholesterol (mg)

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