



Food ID: G208

Food name and Description: Scad, round, smoked

Scientific name:

Alternate/Common name(s): Galunggong, tinapa

Edible portion: 70%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	57.7
Energy, calculated (kcal)	158
Protein (g)	31.6
Total Fat (g)	3.5
Carbohydrate, total (g)	0
Ash, total (g)	5.3

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)	214
Phosphorus, P (mg)	373
Iron, Fe (mg)	3.2
Sodium, Na (mg)	1478

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	510
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	510
Thiamin, Vitamin B1 (mg)	0.18
Riboflavin, Vitamin B2 (mg)	0.33
Niacin (mg)	12.9
Ascorbic Acid, Vitamin C (mg)	4

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.29
Fatty acids, monounsaturated, total (g)	1.09
Fatty acids, polyunsaturated, total(g)	1
Cholesterol (mg)	100