

**Food ID:** G217**Food name and Description:** Squid, dried**Scientific name:** *N/A***Alternate/Common name(s):** Pusit, tuyo**Edible portion:** 98%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	28.1
Energy, calculated (kcal)	289
Protein (g)	62.3
Total Fat (g)	4.4
Carbohydrate, total (g)	0
Ash, total (g)	5.2

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)	54
Phosphorus, P (mg)	692
Iron, Fe (mg)	3.8
Sodium, Na (mg)	864

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	265
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	265
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	11.8
Niacin from tryptophan (mg)	7.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.61
Fatty acids, monounsaturated, total (g)	0.12
Fatty acids, polyunsaturated, total(g)	0.91

Cholesterol (mg)

-