



Food ID: G220

Food name and Description: Swordfish, dried

Scientific name:

Alternate/Common name(s): Malasugi, daing

Edible portion: 90%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	42.8
Energy, calculated (kcal)	250
Protein (g)	53.5
Total Fat (g)	4
Carbohydrate, total (g)	0
Ash, total (g)	10.4

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)	236
Phosphorus, P (mg)	437
Iron, Fe (mg)	2.3
Sodium, Na (mg)	6310

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	80
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	80
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	36.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.96
Fatty acids, monounsaturated, total (g)	1.79
Fatty acids, polyunsaturated, total(g)	0.69
Cholesterol (mg)	40