



Food ID: G222

Food name and Description: Tilapia, dried

Scientific name:

Alternate/Common name(s):

Edible portion: 46%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	16.1
Energy, calculated (kcal)	313
Protein (g)	60.6
Total Fat (g)	7.8
Carbohydrate, total (g)	0
Ash, total (g)	19.1

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)	2812
Phosphorus, P (mg)	360
Iron, Fe (mg)	8.7
Sodium, Na (mg)	10392

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	70
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	70
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.32
Niacin (mg)	11.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.08
Fatty acids, monounsaturated, total (g)	2.78
Fatty acids, polyunsaturated, total(g)	1.56
Cholesterol (mg)	87