



Food ID: G223

Food name and Description: Tuna adobo, cnd

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	71.9
Energy, calculated (kcal)	140
Protein (g)	14
Total Fat (g)	7.6
Carbohydrate, total (g)	4
Ash, total (g)	2.5

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)	15
Phosphorus, P (mg)	97
Iron, Fe (mg)	0.6
Sodium, Na (mg)	309

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	35
Retinol Activity Equivalent, RAE (µg)	8
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	8.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.2
Fatty acids, monounsaturated, total (g)	3.07
Fatty acids, polyunsaturated, total(g)	2.8
Cholesterol (mg)	29