



Food ID: G224

Food name and Description: Tuna fillet, in soya oil, cnd

Scientific name:

Alternate/Common name(s):

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	47.6
Energy, calculated (kcal)	309
Protein (g)	28.6
Total Fat (g)	21.6
Carbohydrate, total (g)	0
Ash, total (g)	2.2

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)	42
Phosphorus, P (mg)	248
Iron, Fe (mg)	3
Sodium, Na (mg)	577

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	95
beta-Carotene (µg)	1
Retinol Activity Equivalent, RAE (µg)	95
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	10
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.26
Fatty acids, monounsaturated, total (g)	6.05
Fatty acids, polyunsaturated, total(g)	11.27
Cholesterol (mg)	31