



Food ID: G225

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

Scientific name: N/A

Alternate/Common name(s): N/A

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	53.1
Energy, calculated (kcal)	258
Protein (g)	28
Total Fat (g)	15.9
Carbohydrate, total (g)	0.6
Ash, total (g)	2.4

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)	76
Phosphorus, P (mg)	246
Iron, Fe (mg)	1.5
Sodium, Na (mg)	516

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	55
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	55
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	13.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	38