



**Food ID:** G226

**Food name and Description:** Tuna flakes, in brine, cnd

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	77.5
Energy, calculated (kcal)	95
Protein (g)	17.9
Total Fat (g)	2.6
Carbohydrate, total (g)	0.1
Ash, total (g)	1.9

## **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)	13
Phosphorus, P (mg)	136
Iron, Fe (mg)	0.6
Sodium, Na (mg)	316

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	10.6
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.69
Fatty acids, monounsaturated, total (g)	0.69
Fatty acids, polyunsaturated, total(g)	0.97
Cholesterol (mg)	37