



Food ID: G228

Food name and Description: Tuna mechado, cnd

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	74.3
Energy, calculated (kcal)	121
Protein (g)	11.1
Total Fat (g)	5.7
Carbohydrate, total (g)	6.3
Ash, total (g)	2.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.5
Sugars, total (g)	5.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	18
Phosphorus, P (mg)	84
Iron, Fe (mg)	0.5
Sodium, Na (mg)	408

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	180
Retinol Activity Equivalent, RAE (µg)	20
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	6.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.9
Fatty acids, monounsaturated, total (g)	2.3
Fatty acids, polyunsaturated, total(g)	2.1
Cholesterol (mg)	22