



**Food ID:** G229

**Food name and Description:** Tuna sardines, in oil, cnd

**Scientific name:**

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

**Edible portion:** -%

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

Water (g)	67.6
Energy, calculated (kcal)	183
Protein (g)	16.4
Total Fat (g)	12.5
Carbohydrate, total (g)	1.3
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)	43
Phosphorus, P (mg)	124
Iron, Fe (mg)	0.6
Sodium, Na (mg)	357

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

Retinol, Vitamin A (µg)	180
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	180
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.25
Niacin (mg)	6.3
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	1.8
Fatty acids, monounsaturated, total (g)	4.81
Fatty acids, polyunsaturated, total(g)	5.36
Cholesterol (mg)	30