



**Food ID:** G230

**Food name and Description:** Tuna spread, cnd

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	47.3
Energy, calculated (kcal)	331
Protein (g)	25.2
Total Fat (g)	25.6
Carbohydrate, total (g)	0
Ash, total (g)	1.9

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.5
Sugars, total (g)	5.1

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

Calcium, Ca (mg)	27
Phosphorus, P (mg)	119
Iron, Fe (mg)	1.7
Sodium, Na (mg)	881

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

Retinol, Vitamin A (µg)	345
beta-Carotene (µg)	325
Retinol Activity Equivalent, RAE (µg)	372
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.25
Niacin (mg)	6.8
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	4.17
Fatty acids, monounsaturated, total (g)	7.12
Fatty acids, polyunsaturated, total(g)	14.11
Cholesterol (mg)	44