



Food ID: G231

Food name and Description: Tuna, frigate, dried

Scientific name: *N/A*

Alternate/Common name(s): Tulingan, daing

Edible portion: 81%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	27.8
Energy, calculated (kcal)	251
Protein (g)	52.7
Total Fat (g)	2.4
Carbohydrate, total (g)	4.7
Ash, total (g)	12.4

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)	338
Phosphorus, P (mg)	485
Iron, Fe (mg)	6.4
Sodium, Na (mg)	6050

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	115
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	115
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.27
Niacin (mg)	41.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.78
Fatty acids, monounsaturated, total (g)	0.45
Fatty acids, polyunsaturated, total(g)	0.75
Cholesterol (mg)	112