



Food ID: G232

Food name and Description: Tuna, yellow-fin, dried

Scientific name:

Alternate/Common name(s): Tambakol, daing

Edible portion: 94%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	29.4
Energy, calculated (kcal)	230
Protein (g)	54.5
Total Fat (g)	1.3
Carbohydrate, total (g)	0
Ash, total (g)	13.2

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)	264
Phosphorus, P (mg)	449
Iron, Fe (mg)	4
Sodium, Na (mg)	5916

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	75
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	75
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	58.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.46
Fatty acids, monounsaturated, total (g)	0.31
Fatty acids, polyunsaturated, total(g)	0.39
Cholesterol (mg)	103