



Food ID: N007

Food name and Description: Fish paste, anchovy

Scientific name: N/A

Alternate/Common name(s): Bagoong dilis

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	47.2
Energy, calculated (kcal)	133
Protein (g)	10
Total Fat (g)	2.5
Carbohydrate, total (g)	17.5
Ash, total (g)	22.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	1.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	1248
Phosphorus, P (mg)	502
Iron, Fe (mg)	5.9
Potassium, K (mg)	226
Sodium, Na (mg)	4014
Zinc, Zn (mg)	1.7

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	33
beta-Carotene (µg)	4
Retinol Activity Equivalent, RAE (µg)	33
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.19
Niacin (mg)	4.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.6
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0.11
Palmitic, C16 (g)	0.37
Stearic, C18 (g)	0.13
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.1
Oleic , C18:1 (g)	0.12
Fatty acids, polyunsaturated, total(g)	0
Linoleic, C18:2 (g)	0.02
Linolenic, C18:3 (g)	0
Cholesterol (mg)	129