



**Food ID:** N008

**Food name and Description:** Fish paste, balatohan

**Scientific name:**

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

**Edible portion:** -%

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

Water (g)	30.8
Energy, calculated (kcal)	162
Protein (g)	8.1
Total Fat (g)	3.2
Carbohydrate, total (g)	25.1
Ash, total (g)	32.8

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

Fiber, total dietary (g)	0
Sugars, total (g)	1.4

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

Calcium, Ca (mg)	1770
Phosphorus, P (mg)	439
Iron, Fe (mg)	11.9
Sodium, Na (mg)	5261

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

Retinol, Vitamin A (µg)	42
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	43
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.32
Niacin (mg)	1.3
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.77
Fatty acids, monounsaturated, total (g)	0.13
Fatty acids, polyunsaturated, total(g)	0
Cholesterol (mg)	165