



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