



Food ID: N010

Food name and Description: Fish paste, siganid fry

Scientific name:

Alternate/Common name(s): Bagoong padas

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	65.9
Energy, calculated (kcal)	54
Protein (g)	9.6
Total Fat (g)	1.7
Carbohydrate, total (g)	0
Ash, total (g)	22.8

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)	504
Phosphorus, P (mg)	435
Iron, Fe (mg)	16.6
Sodium, Na (mg)	2592

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	595
beta-Carotene (µg)	15
Retinol Activity Equivalent, RAE (µg)	596
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.21
Niacin (mg)	3.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.41
Fatty acids, monounsaturated, total (g)	0.07
Fatty acids, polyunsaturated, total(g)	0
Cholesterol (mg)	88