

# Nutrition Facts

## MACKEREL

<b>Crude Protein</b>	<b>18.57%</b>
<b>Crude Fat</b>	<b>13.89%</b>
<b>Crude Fiber (max)</b>	<b>0%</b>
<b>Moisture</b>	<b>65.39%</b>
<b>Ash</b>	<b>2.14%</b>
<b>Minerals</b>	<b>per 100g</b>
<b>Calcium (mg)</b>	<b>250</b>
<b>Potassium (mg)</b>	<b>314</b>
<b>Magnesium (mg)</b>	<b>76</b>
<b>Phosphorus (mg)</b>	<b>285.7</b>
<b>Sodium (mg)</b>	<b>183</b>
<b>Zinc (mg)</b>	<b>0.60</b>
<b>Calorie Content</b>	<b>2046kcal/kg</b>