



**Food ID:** G005

**Food name and Description:** Anchovy, Indian (adult)

**Scientific name:** *Stolephorus indicus*

**Alternate/Common name(s):** Tuakang

**Edible portion:** 75%

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

Water (g)	77
Energy, calculated (kcal)	85
Protein (g)	20.9
Total Fat (g)	0.1
Carbohydrate, total (g)	0.1
Ash, total (g)	1.9

## **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)	153
Phosphorus, P (mg)	304
Iron, Fe (mg)	0.6
Sodium, Na (mg)	163

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	3.6
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-