



Food ID: G012

Food name and Description: Carp

Scientific name: *Cyprinus carpio*

Alternate/Common name(s): Karpa

Edible portion: 55%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	68.7
Energy, calculated (kcal)	185
Protein (g)	17.8
Total Fat (g)	12.6
Carbohydrate, total (g)	0
Ash, total (g)	0.9

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)	36
Phosphorus, P (mg)	147
Iron, Fe (mg)	1
Sodium, Na (mg)	102

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	45
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	45
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.17
Niacin (mg)	3.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.44
Fatty acids, monounsaturated, total (g)	5.24
Fatty acids, polyunsaturated, total(g)	3.22
Cholesterol (mg)	-