

**Food ID:** G013**Food name and Description:** Catfish, freshwater**Scientific name:** *Clarias batrachus***Alternate/Common name(s):** Hito**Edible portion:** 70%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	79.6
Energy, calculated (kcal)	80
Protein (g)	18.7
Total Fat (g)	0.6
Carbohydrate, total (g)	0
Ash, total (g)	1.1

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)	46
Phosphorus, P (mg)	166
Iron, Fe (mg)	0.3
Sodium, Na (mg)	63

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	190
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	190
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	2.5
Niacin from tryptophan (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.14
Fatty acids, monounsaturated, total (g)	0.31
Fatty acids, polyunsaturated, total(g)	0.01

