



Food ID: G014

Food name and Description: Catfish, saltwater

Scientific name: *Arius manillensis*

Alternate/Common name(s): Kanduli

Edible portion: 36%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	79
Energy, calculated (kcal)	86
Protein (g)	18.2
Total Fat (g)	1.5
Carbohydrate, total (g)	0
Ash, total (g)	1.3

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)	37
Phosphorus, P (mg)	187
Iron, Fe (mg)	1.1
Sodium, Na (mg)	98

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	65
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	65
Thiamin, Vitamin B1 (mg)	0.63
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	4.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.38
Fatty acids, monounsaturated, total (g)	0.45
Fatty acids, polyunsaturated, total(g)	0.46
Cholesterol (mg)	31