



Food ID: G035

Food name and Description: Climbing perch, common

Scientific name: *Anabas testudineus*

Alternate/Common name(s): Martiniko

Edible portion: 44%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	81.2
Energy, calculated (kcal)	71
Protein (g)	17.4
Total Fat (g)	0.2
Carbohydrate, total (g)	0
Ash, total (g)	1.2

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)	130
Phosphorus, P (mg)	156
Iron, Fe (mg)	0.6
Sodium, Na (mg)	56

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.31
Niacin (mg)	3.7
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)	-