



Food ID: G049

Food name and Description: Eel, silver pike

Scientific name: *Muraenesox cinereus*

Alternate/Common name(s): Pindanga

Edible portion: 66%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	80.9
Energy, calculated (kcal)	72
Protein (g)	17.5
Total Fat (g)	0.2
Carbohydrate, total (g)	0
Ash, total (g)	1.4

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)	90
Phosphorus, P (mg)	193
Iron, Fe (mg)	0.7
Sodium, Na (mg)	31

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	170
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	170
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	2.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.04
Fatty acids, monounsaturated, total (g)	0.12
Fatty acids, polyunsaturated, total(g)	0.02
Cholesterol (mg)	-