



**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)	-