



Food ID: G050

Food name and Description: Eel, swamp

Scientific name: *Ophisternon bengalense*

Alternate/Common name(s): Palos

Edible portion: 52%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	72.7
Energy, calculated (kcal)	139
Protein (g)	19.2
Total Fat (g)	6.9
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)	33
Phosphorus, P (mg)	153
Iron, Fe (mg)	1.1
Sodium, Na (mg)	150

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	90
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	90
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	2.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.4
Fatty acids, monounsaturated, total (g)	4.25
Fatty acids, polyunsaturated, total(g)	0.56
Cholesterol (mg)	-