



Food ID: G054

Food name and Description: Flatfish/Turbot, Indian

Scientific name: *Psettodes erumei*

Alternate/Common name(s): Kalangkaw

Edible portion: 59%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	75.5
Energy, calculated (kcal)	94
Protein (g)	23
Total Fat (g)	0.2
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)	56
Phosphorus, P (mg)	167
Iron, Fe (mg)	0.6
Sodium, Na (mg)	116

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	85
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	85
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.05
Fatty acids, monounsaturated, total (g)	0.05
Fatty acids, polyunsaturated, total(g)	0.05
Cholesterol (mg)	-