



Food ID: G055

Food name and Description: Flathead, Indian

Scientific name: *Platycephalus indicus*

Alternate/Common name(s): Sunog

Edible portion: 63%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	76.5
Energy, calculated (kcal)	90
Protein (g)	22.1
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)	72
Phosphorus, P (mg)	197
Iron, Fe (mg)	0.8
Sodium, Na (mg)	91

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	165
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	165
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	4.3
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)	0.03
Fatty acids, polyunsaturated, total(g)	0.06
Cholesterol (mg)	23