



Food ID: G057

Food name and Description: Garfish, common

Scientific name: *Tylosurus crocodilus*

Alternate/Common name(s): Kambabalo/Hound needlefish

Edible portion: 64%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	70.8
Energy, calculated (kcal)	115
Protein (g)	26.6
Total Fat (g)	0.9
Carbohydrate, total (g)	0
Ash, total (g)	1.7

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)	98
Phosphorus, P (mg)	260
Iron, Fe (mg)	1
Sodium, Na (mg)	79

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

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