



**Food ID:** G058

**Food name and Description:** Gizzard shad, short-finned

**Scientific name:** *Anodontostoma chacunda*

**Alternate/Common name(s):** Kabasi/Chacunda gizzard shad

**Edible portion:** 36%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	79.5
Energy, calculated (kcal)	78
Protein (g)	18.6
Total Fat (g)	0.4
Carbohydrate, total (g)	0
Ash, total (g)	1.5

## **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)	132
Phosphorus, P (mg)	214
Iron, Fe (mg)	0.8
Sodium, Na (mg)	98

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	40
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	40
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	2.7
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.09
Fatty acids, monounsaturated, total (g)	0.17
Fatty acids, polyunsaturated, total(g)	0.09
Cholesterol (mg)	-