



Food ID: G062

Food name and Description: Gouramy

Scientific name: *Osphronemus goramy*

Alternate/Common name(s): Gurami/Goramy

Edible portion: 55%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	79.6
Energy, calculated (kcal)	91
Protein (g)	16.9
Total Fat (g)	2.6
Carbohydrate, total (g)	0
Ash, total (g)	0.9

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)	180
Phosphorus, P (mg)	189
Iron, Fe (mg)	1.1
Sodium, Na (mg)	19

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	120
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	120
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.27
Niacin (mg)	1.5
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)	-