



**Food ID:** G073

**Food name and Description:** Mackerel, Indian

**Scientific name:** *Rastrelliger kanagurta*

**Alternate/Common name(s):** Alumahan

**Edible portion:** 60%

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

Water (g)	74.2
Energy, calculated (kcal)	118
Protein (g)	21.8
Total Fat (g)	3.4
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)	46
Phosphorus, P (mg)	212
Iron, Fe (mg)	1.4
Sodium, Na (mg)	49

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

Retinol, Vitamin A (µg)	30
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	30
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	9.1
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.8
Fatty acids, monounsaturated, total (g)	0.58
Fatty acids, polyunsaturated, total(g)	0.99
Cholesterol (mg)	39