



Food ID: G081

Food name and Description: Mudfish/Murrel, striated

Scientific name: *Channa striata*

Alternate/Common name(s): Dalag

Edible portion: 61%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.6
Energy, calculated (kcal)	99
Protein (g)	21.2
Total Fat (g)	1.6
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)	65
Phosphorus, P (mg)	202
Iron, Fe (mg)	1.5
Sodium, Na (mg)	88

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	45
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	45
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	3.8
Niacin from tryptophan (mg)	1.8
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)

-