



Food ID: G082

Food name and Description: Mudfish/Murrel, striated, boiled

Scientific name: *Channa striata*

Alternate/Common name(s): Dalag, nilaga

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	75.8
Energy, calculated (kcal)	95
Protein (g)	22.8
Total Fat (g)	0.4
Carbohydrate, total (g)	0
Ash, total (g)	1

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)	184
Iron, Fe (mg)	1.2
Sodium, Na (mg)	95

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	20
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	20
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	2.3
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)	-