

**Food ID:** G094**Food name and Description:** Pomfret, black**Scientific name:** *Parastromateus niger***Alternate/Common name(s):** Pampano**Edible portion:** 48%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	78
Energy, calculated (kcal)	93
Protein (g)	18.8
Total Fat (g)	2
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)	40
Phosphorus, P (mg)	179
Iron, Fe (mg)	0.6
Sodium, Na (mg)	98

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	145
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	145
Thiamin, Vitamin B1 (mg)	0.27
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	5.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.17
Fatty acids, monounsaturated, total (g)	0.53
Fatty acids, polyunsaturated, total(g)	0.11
Cholesterol (mg)	21