



Food ID: G107

Food name and Description: Sea catfish, smooth-headed

Scientific name: *Plicofollis nella*

Alternate/Common name(s): Bunguan/Bongoan

Edible portion: 45%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.3
Energy, calculated (kcal)	89
Protein (g)	21.3
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)	31
Phosphorus, P (mg)	167
Iron, Fe (mg)	2
Sodium, Na (mg)	106

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	70
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	70
Thiamin, Vitamin B1 (mg)	0.46
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	3.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.13
Fatty acids, monounsaturated, total (g)	0.12
Fatty acids, polyunsaturated, total(g)	0.11
Cholesterol (mg)	-