



Food ID: G136

Food name and Description: Swordfish

Scientific name: *Xiphias gladius*

Alternate/Common name(s): Malasugi

Edible portion: 55%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	75.5
Energy, calculated (kcal)	113
Protein (g)	19.2
Total Fat (g)	4
Carbohydrate, total (g)	0
Ash, total (g)	1.3

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)	19
Phosphorus, P (mg)	195
Iron, Fe (mg)	0.9
Sodium, Na (mg)	75

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	22
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	22
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	7.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.96
Fatty acids, monounsaturated, total (g)	1.79
Fatty acids, polyunsaturated, total(g)	0.69
Cholesterol (mg)	40