



Food ID: G145

Food name and Description: Tilapia

Scientific name: *Oreochromis mossambicus*

Alternate/Common name(s):

Edible portion: 46%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.2
Energy, calculated (kcal)	107
Protein (g)	18.1
Total Fat (g)	3.8
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)	74
Phosphorus, P (mg)	184
Iron, Fe (mg)	0.8
Sodium, Na (mg)	52

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	65
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	65
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	4.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.01
Fatty acids, monounsaturated, total (g)	1.36
Fatty acids, polyunsaturated, total(g)	0.76
Cholesterol (mg)	-