

**Food ID:** G148**Food name and Description:** Whiting, common**Scientific name:** *Sillago sihama***Alternate/Common name(s):** Asohos**Edible portion:** 46%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	77
Energy, calculated (kcal)	89
Protein (g)	21.1
Total Fat (g)	0.5
Carbohydrate, total (g)	0
Ash, total (g)	1.4

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)	110
Phosphorus, P (mg)	198
Iron, Fe (mg)	0.8
Sodium, Na (mg)	82

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	30
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	30
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	5.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.09
Fatty acids, monounsaturated, total (g)	0.11
Fatty acids, polyunsaturated, total(g)	0.16
Cholesterol (mg)	26