



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 |