



**Food ID:** G153

**Food name and Description:** Catfish, freshwater, dried

**Scientific name:**

**Alternate/Common name(s):** Hito, daing

**Edible portion:** 65%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	29.3
Energy, calculated (kcal)	275
Protein (g)	45.6
Total Fat (g)	10.3
Carbohydrate, total (g)	0
Ash, total (g)	12.3

## **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)	316
Phosphorus, P (mg)	401
Iron, Fe (mg)	3.3
Sodium, Na (mg)	7799

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	85
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	85
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	12.5
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

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