



Food ID: G154

Food name and Description: Catfish, saltwater, dried

Scientific name:

Alternate/Common name(s): Kanduli, daing

Edible portion: 56%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	38.3
Energy, calculated (kcal)	201
Protein (g)	43.9
Total Fat (g)	2.8
Carbohydrate, total (g)	0
Ash, total (g)	15

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)	147
Phosphorus, P (mg)	324
Iron, Fe (mg)	4.2
Sodium, Na (mg)	6807

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	405
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	405
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	2.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.72
Fatty acids, monounsaturated, total (g)	0.84
Fatty acids, polyunsaturated, total(g)	0.86
Cholesterol (mg)	58