

NUTRITIVE VALUE OF FISHES

	Energy (Kcals)	Moisture (g)	Protein (g)	Fat (g)	Mineral (g)	Fibre (g)	Carbohydrates (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)
Air	89	78	16	1	1	-	3	380	180	1
Anchovy	164	69	19	10	2	-	0	143	174	1
Bacha	147	69	18	6	1	-	6	520	180	1
Bam	100	75	16	1	1	-	7	330	240	1
Baspata machli	112	76	18	4	1	-	0	175	225	-
Bata, small varieties	89	79	14	2	2	-	2	790	200	0
Beley	75	80	14	1	2	-	3	370	330	1
Bhagon fresh	154	71	15	9	2	-	4	182	190	1
Bhagon dried	274	18	62	2	16	-	2	6235	207	9
Bhangan Bata	144	67	20	4	2	-	7	580	310	1
Bhekhti fresh	79	80	15	1	1	-	3	480	350	3
Bhekhti dried	266	20	60	2	16	-	2	939	347	15
Bhola	86	78	15	1	2	-	4	550	580	0
Big jawed jumper	130	73	19	6	1	-	0	214	306	3
Boal	116	73	15	3	1	-	8	160	490	1
Bombay duck, dried	293	17	62	4	15	-	2	1389	240	19
Blue mussel	72	81	10	2	3	-	4	1134	286	8
Cat fish	86	77	21	-	-	-	-	10	230	-
Chela	103	77	14	4	2	-	1	590	340	2
Chela dried	413	5	65	17	13	-	0	3590	2342	-
Chingri small dried	292	18	62	4	14	-	2	3539	354	28
Chingri goda, dried	287	15	60	3	17	-	5	3847	828	49
Chital	108	75	19	2	1	-	3	180	250	3
Crab muscle	59	83	9	1	3	-	3	1370	150	21
Crab small	169	65	11	10	5	-	9	1606	253	-
Folui	109	73	19	1	2.5	-	4	590	450	2
Ghol	82	70	18	1	-	-	-	90	150	2
Goggler	93	77	19	1	2	-	1	437	349	8
Herring, Indian	119	73	20	3	1	-	2	429	305	9
Herring ox-eyed	106	74	22	2	1	-	1	429	131	6
Horse mackerel	99	77	21	2	1	-	0	347	262	2
Indian Whiting	89	77	19	0	1	-	2	71	262	2
Hilsa	273	54	22	19	2	-	3	180	280	2
Jew fish- kora	83	78	19	1	2	-	0	286	305	4
Jew fish-pallikora	100	77	20	2	2	-	-	214	262	5
Kalabasu	76	81	15	1	1	-	2	320	380	1
Katla	111	74	19	2	1	-	3	530	235	1
Khorsula	117	75	16	5	2	-	1	410	160	1
Khorya fresh	120	72	18	3	2	-	5	590	220	1
Khorya dried	296	17	59	6	16	-	1	-	-	-

Koi	156	70	15	9	2	-	4	410	390	1
Koocha machli	92	77	19	1	1	-	2	185	119	-
Lata	97	74	19	1	3	-	3	610	530	1
Lobster	90	77	20	1	1	-	0	16	279	-
Mackerel	93	77	19	2	2	-	0	429	305	4
Magur	86	78	15	1	1	-	4	210	290	1
Mahasole	126	70	25	2	1	-	1	130	280	4
Mandeli, dried	259	31	52	5	-	-	-	143	259	12
Mrigal	98	75	19	1	1	-	3	350	280	1
Mullet	155	70	19	8	1	-	2	357	175	4
Mushi dried	312	10	67	5	-	-	-	541	507	3
Mussel, fresh water	81	80	14	2	2	-	2	592	406	-
Mutijella, dried	288	19	64	2	12	-	3	7240	834	1
Oil Sardine	97	76	20	2	2	-	0	357	349	6
Pabda	114	73	19	2	1	-	5	310	210	1
Pangas	161	72	14	11	1	-	1	180	130	0
Parsey Fresh	140	71	17	6	1	-	4	850	490	3
Parsey dried	312	12	65	4	16	-	3	2231	396	17
Pomfrets, black	111	74	20	3	1	-	1	286	306	2
Pomfrets, white	87	78	17	1	1	-	2	200	290	1
Prawn	89	77	19	1	2	-	1	323	278	5
Puti	106	75	18	2	1	-	3	110	96	1
Ravas	112	71	22	1	2	-	3	405	335	2
Ray	97	75	21	0	1	-	2	214	262	5
Ribbon Fish fresh	104	77	18	3	1	-	1	214	218	14
Ribbon Fish, dried	383	7	76	9	-	-	-	739	700	4
Rohu	97	77	17	1	1	-	4	650	175	1
Sardine	101	78	21	2	2	-	-	90	360	2
Sarputi	161	70	16	9	1	-	2	220	120	0
Shark	93	76	22	0	1	-	1	357	262	1
Shrimp(smалldried)	349	6	68	8	17	-	-	4384	1160	-
Seer	126	73	22	4	1	-	-	71	572	5
Silver Belly	91	76	19	2	3	-	0	715	741	2
Singhala	167	61	21	3	1	-	14	98	152	2
Singhi	124	68	23	1	2	-	7	670	650	2
Sole	94	78	16	2	1	-	2	140	95	0
Sole (malabar)	120	78	19	5	3	-	-	1072	524	0
Surmai, fresh	92	63	20	1	-	-	-	92	161	2
Surmai, dried	210	43	39	6	-	-	-	148	172	4
Tapra, dried	334	13	62	9	15	-	1	771	552	19
Tapsi, dried	343	16	58	12	17	-	-	1597	595	41
Tartoor	79	78	18	0	2	-	1	1072	218	5
Tengra fresh	144	70	19	6	2	-	2	270	170	2
Tengra dried	255	14	55	4	27	-	-	843	400	-
Tunny	113	72	24	2	2	-	1	429	349	7
White Bait	81	79	14	1	2	-	2	643	437	4

Source

Gopalan. C, Rama Sastri B.V. and Balasubramanian, S.C., 2004, Nutritive Value of Indian Foods, National Institute of Nutrition, ICMR, Hyderabad.