

NUTRITION FACTS

Clarias batrachus (Magur)



Outreach Activity on "NUTRIENT PROFILING OF FISH"

ICAR - Central Institute of Freshwater Aquaculture

(ISO 9001 : 2008 Certified Institute)

Kausalyaganga, Bhubaneswar-751002

Odisha, India



Kingdom	Animalia
Phylum	Chordata
Class	Actinopterygii
Order	Siluriformes
Family	Clariidae
Genus	Clarias
Species	batrachus
Binomial Name	<i>Clarias batrachus</i> Linnaeus, 1758

Identifying Characters

1. The greatest width of head equals its length.
2. Upper jaw is longer than the lower jaw.
3. Four pairs of barbells.
4. Pectoral fin reaches below the commencement of the dorsal.
5. Dorsal fin is very long and cordal fin is free.
6. Scales absent.
7. The adult fish attains a length of about 32 cm and a weight of 235 g

Magur (*Clarias batrachus* Linnaeus, 1758) is found in fresh and brackish water. They can thrive in cloudy and turbid water. It is omnivore and is mainly active at night and prey on items such as insect larvae, fish eggs, fish and occasionally plant material. It breeds in shallow marginal pond water, ditches and inundated paddy-fields during monsoon. It is highly preferred catfish in India and has high demand by the consumers because of its high nutritional value. The nutrient profile of this fish would provide a guideline for dieticians, medical practitioners and nutritionists in prescribing diet chart for the human population. The nutrient profiling of the species is conducted under the Outreach Activity project of Indian Council of Agricultural Research (ICAR) on "Nutrient Profiling of fish".

NUTRITION INFORMATION

Amounts per 100g

CALORIE INFORMATION

Calories	115.40 kcal (482.82 KJ)
From Carbohydrate	0.0 kcal
From Fat	48.73 kcal (203.89 KJ)
From Protein	66.67 kcal (278.93 KJ)

PROTEIN & AMINO ACIDS

Protein	16.26
Arginine	0.72
Histidine	0.67
Isoleucine	0.79
Leucine	1.36
Lysine	0.69
Methionine	0.40
Phenylalanine	0.62
Threonine	0.82
Tryptophan	0.19
Valine	1.06
Aspartic acid	1.83
Serine	0.87
Glutamic acid	2.39
Proline	0.21
Glycine	2.32
Alanine	1.18
Cysteine	0.02
Tyrosene	0.12

FATS & FATTY ACIDS

Total Fat	5.24
Saturated Fat	1.90 g
C4:0	0.005 mg
C10:0	0.005 mg
C11:0	0.04 mg
C12:0	0.13 mg
C13:0	0.03 mg
C15:0	0.12 mg
C16:0	0.38 mg
C17:0	0.27 mg
C18:0	0.45 mg
C20:0	0.02 mg
C21:0	0.45 mg
Monounsaturated Fat	1.994 g
C14:1	0.004 mg
C15:1	0.12 mg
C16:1	0.34 mg
C17:1	0.01 mg
C18:1n9	1.52 mg
Polyunsaturated Fat	1.34 g
C18:2n6	0.73 mg
C18:3n6	0.05 mg
C18:3n3	0.13 mg
C20:2n6	0.08 mg
C20:3n6	0.06 mg
C20:3n3	0.01 mg
C20:5n3	0.16 mg
C22:6n3	0.12 mg
ω 3	0.42 mg
ω 6	0.92 mg
EPA+DHA	0.18 mg

NUTRITION INFORMATION

Amounts per 100g

VITAMINS	
Vitamin A	6.03 IU
Vitamin D	44.73 IU
Vitamin E	0.15IU
Vitamin K	0.53 mcg

OTHERS	
Water	74.72 g
Ash	2.22g

MINERALS	
Calcium	222.36 mg
Phosphorus	129.42 mg
Sodium	201.49 mg
Potassium	262.09 mg
Iron	2.20 mg
Manganese	0.21 mg
Zinc	0.68 mg
Selenium	0.43 mg



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