

# NUTRITION FACTS

## Pangas (*Pangasianodon hypophthalmus*)



### ICAR Outreach Project “NUTRIENT PROFILING OF FISH”

ICAR – Central Institute of Freshwater Aquaculture  
(ISO 9001:2015 Certified Institute)  
Kausalyaganga, Bhubaneswar – 751 002  
Odisha, India



#### Information on the species

*Pangasianodon hypophthalmus*, commonly known as Pangas, is a highly migratory riverine fish species. It lives in estuaries and large rivers. It inhabits mainly in floodplains and channels of large rivers and seasonally moves up to floodplains and marshy land for feeding and nursing. The species contains high nutritional value. The nutrient profiling of the species was conducted under the Outreach Activity on “Nutrient profiling of fish” of Indian Council of Agricultural Research (ICAR).

#### Taxonomical Classification

Kingdom	: Animalia
Phylum	: Chordata
Class	: Actinopterygii
Order	: Siluriformes
Family	: Pangasiidae
Genus	: <i>Pangasianodon</i>
Species	: <i>hypophthalmus</i>
Binomial Name	: <i>Pangasianodon hypophthalmus</i> : (Sauvage, 1878)

**Morphological Characters:** Body of the species is laterally long and flattened with no scales. Head relatively small and eyes are relatively large. Two pairs of barbels, upper part is shorter than the lower one. Mouth broad with small sharp teeth on jaw, palatal and vomerine bones. Gill rakers normally developed. Adults are uniformly grey in colour sometimes with greenish tint and silvery sides. The fins are dark grey or black. Dark stripe present in the middle of the anal fin and each caudal lobe.

**Feeding habits:** *P. hypophthalmus* is an omnivore, feeding primarily on algae, plants, zooplankton, insects, fruits, crustaceans, molluscs etc.

# NUTRITION INFORMATION

## Amount per 100g fresh fish

CALORIE INFORMATION	
Calories	130.47 Kcal (545.37KJ)
From Fat	64.67 Kcal (270.32 KJ)
From Protein	65.80 Kcal (275.05 KJ)

AMINO ACID	
Arginine	302.04 mg
Histidine	685.74 mg
Isoleucine	280.46 mg
Leucine	7.71 mg
Lysine	7.71 mg
Methionine	7.71 mg
Phenylalanine	7.71 mg
Threonine	146.40 mg
Tryptophan	92.46 mg
Valine	7.71 mg
Aspartic acid	315.91 mg
Serine	118.66 mg
Glutamic acid	23.12 mg
Proline	12.33 mg
Glycine	43.15 mg
Alanine	77.05 mg
Cysteine	90.92 mg
Tyrosene	77.05 mg
Glutamine	26.20 mg
Asparagine	194.17 mg

FATS AND FATTY ACIDS	
Total Fat	7.17 g
Saturated Fat	2.81 g
C4:0	9.36 mg
C6:0	8.64 mg
C11:0	5.04 mg
C12:0	23.04 mg
C13:0	11.52 mg
C14:0	430.56 mg
C15:0	101.52 mg
C16:0	1277.28 mg
C17:0	7.20 mg
C18:0	864.0 mg
C20:0	3.60 mg
C21:0	46.80 mg
C22:0	9.36 mg
C23:0	28.08 mg
Monounsaturated Fat	2.81 g
C14:1	1.44 mg
C15:1	15.84 mg
C16:1	204.48 mg
C17:1	20.16 mg
C18:1n9c	2456.64 mg
C20:1n9c	63.36 mg
C22:1n9	62.64 mg
Polyunsaturated Fat	1.55 g
C18:2n6t	2.16 mg
C18:2n6c	741.60 mg
C18:3n6	8.64 mg
C18:3n3	356.40 mg
C20:2	33.84 mg
C20:3n6	100.80 mg
C20:3n3	22.32 mg
C20:4n6	107.28 mg
C20:5n3	110.88 mg
C22:6n3	94.32 mg
$\omega$ 3 : $\omega$ 6	2.18
$\omega$ 3	1065.60 mg
$\omega$ 6	488.88 mg

# NUTRITION INFORMATION

## Amount per 100g fresh fish

VITAMINS	
Vitamin A	7.47 IU
Vitamin D	5.0 IU

Proximate Compositions	
Moisture	70.82 g
Protein	15.41 g
Fat	7.17 g
Ash	1.88 g

MINERALS	
Calcium	198.55 mg
Sodium	5.17 mg
Potassium	12.93 mg
Iron	0.047 mg
Manganese	0.021 mg
Zinc	0.049 mg
Copper	0.043 mg



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