

NUTRITION FACTS

Anabas testudineus (Koi)



Outreach Activity on "NUTRIENT PROFILING OF FISH"

ICAR - Central Institute of Freshwater Aquaculture

(ISO 9001 : 2008 Certified Institute)

Kausalyaganga, Bhubaneswar-751002

Odisha



Kingdom	Animalia
Phylum	Chordata
Class	Teleostomi
Order	Perciformes
Family	Anabantidae
Genus	<i>Anabas</i>
Species	<i>testudineus</i>
Binomial Name	<i>Anabas testudineus</i> (Bloch, 1792)



Identifying Characters

1. Scales present on head, operculum and interopercle are strongly spinous.
2. The outer row of villiform teeth in jaws is the largest.
3. Body covered by ctenoid scales and some are found over the bases of the dorsal, pectoral, anal and caudal fins also.
4. The fish attains a length of about 25 cm and a weight of 160 g.
5. The colour of the body is dark to pale greenish.

Information on the species:

Koi (*Anabas testudineus* Bloch, 1792) is found in canals, lakes, ponds and swampy areas of both fresh and brackishwater. They can thrive in stagnant and turbid water. The fish feeds on algae, worms, insects, molluscs, aquatic plants etc. They remain under the mud during dry season. It is highly consumers preferred fish in India due to 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	130.46 kcal (546.21 kJ)
From Carbohydrate	0.0 kcal
From Fat	62.82 kcal (263.01 kJ)
From Protein	67.64 kcal (283.19 kJ)

PROTEIN & AMINO ACIDS

Protein	16.97g
Arginine	0.34
Histidine	0.70
Isoleucine	0.94
Leucine	1.42
Lysine	0.43
Methionine	0.24
Phenylalanine	1.01
Threonine	0.99
Tryptophan	0.18
Valine	1.29
Aspartic acid	1.85
Serine	0.90
Glutamic acid	2.44
Proline	0.24
Glycine	2.52
Alanine	1.31
Cysteine	0.02
Tyrosine	0.15

FATS & FATTY ACIDS

Total Fat	6.98 g
Saturated Fat	4.23 g
C12:0	0.05 mg
C13:0	0.003 mg
C14:0	0.09 mg
C15:0	0.03 mg
C16:0	3.66 mg
C17:0	0.007 mg
C18:0	0.36 mg
C20:0	0.02 mg
Monounsaturated Fat	1.80 g
C14:1	0.003 mg
C15:1	0.06 mg
C16:1	0.23 mg
C17:1	0.03 mg
C18:1n9c	0.17 mg
C18:1n9t	1.27 mg
C20:1n9c	0.03 mg
Polyunsaturated Fat	0.95 g
C18:2n6t	0.004 mg
C18:2n6c	0.57 mg
C18:3n6	0.008 mg
C18:3n3	0.13 mg
C20:2n6	0.03 mg
C20:3n6	0.12 mg
C22:6n3	0.09 mg
ω 3	0.22 mg
ω 6	0.73 mg

NUTRITION INFORMATION

Amounts per 100g

VITAMINS

Vitamin A	93.90 IU
Vitamin D	43.12 IU
Vitamin E	1.27 IU
Vitamin K	1.15 mcg

OTHERS

Water	68.00 g
Ash	05.33 g

MINERALS

Calcium	248.37 mg
Phosphorus	161.15 mg
Sodium	236.24 mg
Potassium	180.34 mg
Iron	2.80 mg
Manganese	0.73 mg
Zinc	1.12 mg
Selenium	0.35 mg



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