

NUTRITION FACTS

Tangra (*Mystus vitattus*)



Information on the species

This species is freshwater inhabitants including lakes, ponds, rivers and streams. It can also be found in flooded canals, beels, paddy and jute fields, streams, oxbow lakes and rivers in swarms during rainy season. Adults inhabit standing and flowing freshwaters. Usually found among marginal vegetation in lakes and swamps with a mud substrate. The species is highly acceptable by consumers because of its good taste and nutritional values. 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	:	Bagridae
Genus	:	<i>Mystus</i>
Species	:	<i>vitattus</i>
Binomial Name	:	<i>Mystus vitattus</i> (Bloch, 1794)

ICAR Outreach Project “NUTRIENT PROFILING OF FISH”



ICAR – Central Institute of Freshwater Aquaculture
(ISO 9001:2015 Certified Institute)
Kausalyaganga, Bhubaneswar – 751 002
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Morphological Characters: Body of the species is elongated, slightly compressed and without scales. It has four pairs of barbells and maxillary barbells are extending beyond the pelvic fins, often to the end of the anal fins. Dorsal spine is weak and finely serrated on its inner edge. Small adipose fin is present which is very much inserted anterior to the anal fin. A straight lateral line is present. Colour varies with age; generally delicate gray-silvery to shining golden, with about 5 pale blue or dark to deep black longitudinal on side. A narrow dusky spot is often present on the shoulder. The fins are with dark tips.

Feeding habits: *M. vitattus* is a carnivorous species, mainly regarded as a plankton feeder with preference for zooplankton and many diversified food items such as plants, shrimps, insects and mollusks etc.

NUTRITION INFORMATION

Amount per 100g fresh fish

CALORIE INFORMATION	
Calories	126.12 Kcal (527.18KJ)
From Carbohydrate	0.0 KJ
From Fat	62.33 Kcal (260.54 KJ)
From Protein	63.79 Kcal (266.64 KJ)

AMINO ACID		
Arginine	7.47	mg
Histidine	101.59	mg
Isoleucine	10.46	mg
Leucine	34.36	mg
Lysine	7.47	mg
Methionine	7.47	mg
Phenylalanine	7.47	mg
Threonine	38.84	mg
Tryptophan	19.42	mg
Valine	17.93	mg
Aspartic acid	36.75	mg
Serine	21.36	mg
Glutamic acid	1165.32	mg
Proline	47.81	mg
Glycine	34.36	mg
Alanine	16.43	mg
Cysteine	7.47	mg
Tyrosene	7.47	mg
Glutamine	64.24	mg
Asparagine	200.20	mg

FATS AND FATTY ACIDS		
Total Fat	6.91	g
Saturated Fat	5.37	g
C8:0	3.45	mg
C11:0	14.51	mg
C12:0	6.91	mg
C13:0	10.35	mg
C14:0	126.27	mg
C15:0	36.57	mg
C16:0	4728.57	mg
C17:0	80.04	mg
C18:0	227.01	mg
C20:0	9.67	mg
C21:0	91.77	mg
C22:0	5.53	mg
C23:0	31.05	mg
Monounsaturated Fat	0.84	g
C14:1	2.76	mg
C15:1	31.74	mg
C16:1	353.28	mg
C17:1	22.08	mg
C18:1n9c	416.07	mg
C20:1n9c	22.08	mg
C22:1n9	13.80	mg
Polyunsaturated Fat	0.69	g
C18:2n6t	4.83	mg
C18:2n6c	190.40	mg
C18:3n6	20.08	mg
C18:3n3	242.88	mg
C20:2	20.08	mg
C20:3n6	19.32	mg
C20:4n6	16.56	mg
C20:5n3	111.09	mg
C22:6n3	158.70	mg
ω 3	431.94	mg
ω 6	256.68	mg
ω 3 : ω 6	1.68	
EPA+DHA	270.72	mg

NUTRITION INFORMATION

Amount per 100g fresh fish

VITAMINS	
Vitamin A	311.44 IU
Vitamin D	383.50 IU

Proximate Compositions	
Moisture	72.67 g
Protein	14.94 g
Fat	6.91 g
Ash	2.58 g

MINERALS	
Calcium	260.75 mg
Sodium	2.790 mg
Potassium	11.37 mg
Iron	0.067 mg
Manganese	0.009 mg
Zinc	0.054 mg
Copper	0.006 mg



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