

# Basa (Pangasius)

**Contains:** Vitamin D, Phosphorus  
**High in:** Protein, Niacin, Vitamin B12, Biotin, Selenium

## Nutrition information per 100g (raw)

Macronutrients		% Reference Intake
Energy (kJ)	313	4
Energy (kcal)	74	4
Fat (g)	1.6	2
Of which saturates (g)	0.5	3
Of which monounsaturates (g)	0.4	
Of which polyunsaturates (g)	0.2	
Omega-3 – EPA + DHA (mg)	10	
Of which EPA (mg)	Tr	
Of which DHA (mg)	10	
Carbohydrate (g)	0	0
Of which starches (g)	0	
Of which sugar (g)	0	0
Protein (g)	14.9	30
Salt (g)	0.51	9

- Low in fat
- Low in saturates
- Low in sugars

**Source:** Department of Health (2013)  
 Nutrient analysis of fish and fish products.

Vitamins		% Nutrient Reference Value
Vitamin A (mcg)	Tr	Tr
Vitamin D (mcg)	1.35	27
Vitamin E (mg)	0.23	2
Thiamin (B1) (mg)	0.02	2
Riboflavin (B2) (mg)	0.06	4
Niacin (B3) (mg)	9.8	61
Vitamin B6 (mg)	0.12	9
Vitamin B12 (mcg)	1.1	44
Folate (mcg)	10	5
Pantothenic acid (mg)	0.66	11
Biotin (mcg)	37.9	76
Vitamin C (mg)	Tr	Tr

Minerals		% Nutrient Reference Value
Potassium (mg)	293	14.7
Calcium (mg)	10	1
Magnesium (mg)	29	8
Phosphorus (mg)	166	24
Iron (mg)	0.1	1
Copper (mg)	0.02	2
Zinc (mg)	0.3	3
Manganese (mg)	0.01	1
Selenium (mcg)	18	33
Iodine (mcg)	3	2

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## Nutritional Profile

### Basa

The benefits of macronutrients, vitamins and minerals

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#### Protein

- a growth in muscle mass
- the maintenance of muscle mass
- the maintenance of normal bones
- needed for the normal growth and development of bone in children

#### Niacin (Vitamin B3)

- the maintenance of normal skin
- the reduction of tiredness and fatigue
- the normal functioning of the nervous system
- normal psychological function
- normal energy-yielding metabolism

#### Vitamin B12

- the reduction of tiredness and fatigue
- the normal function of the immune system
- the normal functioning of the nervous system
- normal red blood cell formation
- normal psychological function
- normal energy-yielding metabolism
- normal homocysteine metabolism
- has a role in the process of cell division

#### Biotin

- the maintenance of normal hair
- the maintenance of normal skin
- the normal functioning of the nervous system
- normal psychological function
- the maintenance of normal mucous membranes
- normal energy-yielding metabolism
- normal macronutrient metabolism

#### Vitamin D

- the maintenance of normal bones
- the maintenance of normal teeth
- the normal function of the immune system
- the maintenance of normal muscle function
- needed for the normal growth and development of bone in children
- the normal function of the immune system in children
- normal absorption/utilisation of calcium and phosphorus
- normal blood calcium levels
- has a role in the process of cell division

#### Phosphorus

- the maintenance of normal bones
- the maintenance of normal teeth
- normal growth and development of bone in children
- normal energy-yielding metabolism
- normal function of cell membranes

#### Selenium

- the maintenance of normal hair
- the maintenance of normal nails
- the normal function of the immune system
- the normal thyroid function
- the protection of cells from oxidative damage
- normal spermatogenesis