

**Food ID:** F053**Food name and Description:** Carabeef brain**Scientific name:** *Bubalus bubalis***Alternate/Common name(s):** Kalabaw utak**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	77.2
Energy, calculated (kcal)	136
Protein (g)	9.4
Total Fat (g)	10.1
Carbohydrate, total (g)	1.9
Ash, total (g)	1.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	14
Phosphorus, P (mg)	254
Iron, Fe (mg)	4
Sodium, Na (mg)	121

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	85
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	85
Thiamin, Vitamin B1 (mg)	0.16
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	3.7
Ascorbic Acid, Vitamin C (mg)	12

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.26
Fatty acids, monounsaturated, total (g)	1.85
Fatty acids, polyunsaturated, total(g)	1.56
Cholesterol (mg)	2952