



Food ID: F054

Food name and Description: Carabeef chuck

Scientific name: *Bubalus bubalis*

Alternate/Common name(s): Kalabaw paypay

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.6
Energy, calculated (kcal)	100
Protein (g)	18.6
Total Fat (g)	2.8
Carbohydrate, total (g)	0
Ash, total (g)	1

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)	9
Phosphorus, P (mg)	149
Iron, Fe (mg)	2.9
Sodium, Na (mg)	65

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	110
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	110
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	3.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.16
Fatty acids, monounsaturated, total (g)	1.45
Fatty acids, polyunsaturated, total(g)	0.19
Cholesterol (mg)	40