

**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