



**Food ID:** F055

**Food name and Description:** Carabeef heart

**Scientific name:** *Bubalus bubalis*

**Alternate/Common name(s):** Kalabaw puso

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	76.4
Energy, calculated (kcal)	114
Protein (g)	17.4
Total Fat (g)	4.6
Carbohydrate, total (g)	0.7
Ash, total (g)	0.9

## **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)	10
Phosphorus, P (mg)	156
Iron, Fe (mg)	2.5
Sodium, Na (mg)	101

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	10
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	10
Thiamin, Vitamin B1 (mg)	0.24
Riboflavin, Vitamin B2 (mg)	1.2
Niacin (mg)	6.9
Ascorbic Acid, Vitamin C (mg)	6

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.61
Fatty acids, monounsaturated, total (g)	1.33
Fatty acids, polyunsaturated, total(g)	0.64
Cholesterol (mg)	145