



Food ID: F056

Food name and Description: Carabeef intestine, large

Scientific name: *Bubalus bubalis*

Alternate/Common name(s): Kalabaw bitukang malaki

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	73.1
Energy, calculated (kcal)	165
Protein (g)	9.3
Total Fat (g)	11.9
Carbohydrate, total (g)	5.2
Ash, total (g)	0.5

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)	17
Phosphorus, P (mg)	61
Iron, Fe (mg)	0.9
Sodium, Na (mg)	165

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	185
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	185
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	4

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-