

**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)	-