



Food ID: F057

Food name and Description: Carabeef intestine, small

Scientific name: *Bubalus bubalis*

Alternate/Common name(s): Kalabaw bitukang maliit

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	74.4
Energy, calculated (kcal)	148
Protein (g)	10.4
Total Fat (g)	9.7
Carbohydrate, total (g)	4.7
Ash, total (g)	0.8

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)	16
Phosphorus, P (mg)	142
Iron, Fe (mg)	1.7
Sodium, Na (mg)	157

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	200
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	200
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	3
Ascorbic Acid, Vitamin C (mg)	16

Lipids (Food Composition per 100g Edible Portion)

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