

**Food ID:** F058**Food name and Description:** Carabeef kidney**Scientific name:** *Bubalus bubalis***Alternate/Common name(s):** Kalabaw bato**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	82.1
Energy, calculated (kcal)	77
Protein (g)	14
Total Fat (g)	1.8
Carbohydrate, total (g)	1.1
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)	14
Phosphorus, P (mg)	309
Iron, Fe (mg)	2.9
Sodium, Na (mg)	147

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

Retinol, Vitamin A (µg)	100
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	100
Thiamin, Vitamin B1 (mg)	0.22
Riboflavin, Vitamin B2 (mg)	2.67
Niacin (mg)	6.2
Ascorbic Acid, Vitamin C (mg)	15

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

Fatty acids, saturated, total (g)	0.51
Fatty acids, monounsaturated, total (g)	0.34
Fatty acids, polyunsaturated, total(g)	0.32
Cholesterol (mg)	239