

Republic of the Philippines **Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE** General Santos Avenue, Bicutan, Taguig City, Philippines



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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 14:28:35