

**Food ID:** F059**Food name and Description:** Carabeef lean meat**Scientific name:** *Bubalus bubalis***Alternate/Common name(s):** Kalabaw laman**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	77.3
Energy, calculated (kcal)	90
Protein (g)	20.6
Total Fat (g)	0.8
Carbohydrate, total (g)	0
Ash, total (g)	1.3

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)	22
Phosphorus, P (mg)	161
Iron, Fe (mg)	2.6
Sodium, Na (mg)	45

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	85
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	85
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.26
Niacin (mg)	4.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.28
Fatty acids, monounsaturated, total (g)	0.33
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	-