

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

Food ID: F060 Food name and Description: Carabeef lean meat, boiled Scientific name: *Bubalus bubalis* Alternate/Common name(s): Kalabaw laman, nilaga

# Proximates (Food Composition per 100g Edible Portion)

Edible portion: 88%

Water (g)	74.9
Energy, calculated (kcal)	100
Protein (g)	22.4
Total Fat (g)	1.2
Carbohydrate, total (g)	0
Ash, total (g)	1.5

### 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)	101
Phosphorus, P (mg)	176
Iron, Fe (mg)	3.1
Sodium, Na (mg)	50

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

Retinol, Vitamin A (μg)	65
beta-Carotene (μg)	0
Retinol Activity Equivalent, RAE (µg)	65
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	2.4
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g	0.42
Fatty acids, monounsaturated, total (g)	0.5
Fatty acids, polyunsaturated, total(g)	0.05
Cholesterol (mg)	-

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 16:29:47