

**Food ID:** F060**Food name and Description:** Carabeef lean meat, boiled**Scientific name:** *Bubalus bubalis***Alternate/Common name(s):** Kalabaw laman, nilaga**Edible portion:** 88%**Proximates** (Food Composition per 100g Edible Portion)

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)	-