

**Food ID:** F061**Food name and Description:** Carabeef liver**Scientific name:** *Bubalus bubalis***Alternate/Common name(s):** Kalabaw atay**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	74.1
Energy, calculated (kcal)	108
Protein (g)	15.5
Total Fat (g)	1.7
Carbohydrate, total (g)	7.6
Ash, total (g)	1.1

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)	16
Phosphorus, P (mg)	207
Iron, Fe (mg)	6.8
Sodium, Na (mg)	61

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	14920
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	14920
Thiamin, Vitamin B1 (mg)	0.17
Riboflavin, Vitamin B2 (mg)	1.54
Niacin (mg)	11.1
Ascorbic Acid, Vitamin C (mg)	22

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.58
Fatty acids, monounsaturated, total (g)	0.22
Fatty acids, polyunsaturated, total(g)	0.22
Cholesterol (mg)	129