



Food ID: F062

Food name and Description: Carabeef lung

Scientific name: *Bubalus bubalis*

Alternate/Common name(s): Kalabaw бага

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	79.2
Energy, calculated (kcal)	87
Protein (g)	18.6
Total Fat (g)	1.4
Carbohydrate, total (g)	0
Ash, total (g)	0.8

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)	20
Phosphorus, P (mg)	53
Iron, Fe (mg)	1.6
Sodium, Na (mg)	200

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.23
Niacin (mg)	2.8
Ascorbic Acid, Vitamin C (mg)	18

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.48
Fatty acids, monounsaturated, total (g)	0.36
Fatty acids, polyunsaturated, total(g)	0.19
Cholesterol (mg)	136