

**Food ID:** F063**Food name and Description:** Carabeef omasum**Scientific name:** *Bubalus bubalis***Alternate/Common name(s):** Kalabaw librilayo**Edible portion:** 81%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	90.5
Energy, calculated (kcal)	37
Protein (g)	8.7
Total Fat (g)	0.2
Carbohydrate, total (g)	0.1
Ash, total (g)	0.5

**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)	147
Phosphorus, P (mg)	46
Iron, Fe (mg)	0.4
Sodium, Na (mg)	58

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

Retinol, Vitamin A (µg)	205
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	205
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.07
Fatty acids, monounsaturated, total (g)	0.08
Fatty acids, polyunsaturated, total(g)	0.01
Cholesterol (mg)	-