



Food ID: F064

Food name and Description: Carabeef reticulum

Scientific name: *Bubalus bubalis*

Alternate/Common name(s): Kalabaw mansanilya

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	78.3
Energy, calculated (kcal)	119
Protein (g)	11.2
Total Fat (g)	6.9
Carbohydrate, total (g)	2.9
Ash, total (g)	0.7

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)	13
Phosphorus, P (mg)	222
Iron, Fe (mg)	1.9
Sodium, Na (mg)	133

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	215
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	215
Thiamin, Vitamin B1 (mg)	0.16
Riboflavin, Vitamin B2 (mg)	0.38
Niacin (mg)	2.7
Ascorbic Acid, Vitamin C (mg)	7

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.41
Fatty acids, monounsaturated, total (g)	2.87
Fatty acids, polyunsaturated, total(g)	0.34
Cholesterol (mg)	-