



**Food ID:** F065

**Food name and Description:** Carabeef round

**Scientific name:** *Bubalus bubalis*

**Alternate/Common name(s):** Kalabaw hita

**Edible portion:** 96%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	77.1
Energy, calculated (kcal)	94
Protein (g)	20.4
Total Fat (g)	1.4
Carbohydrate, total (g)	0
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)	68
Phosphorus, P (mg)	162
Iron, Fe (mg)	3
Sodium, Na (mg)	45

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

Retinol, Vitamin A (µg)	150
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	150
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	3.9
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.55
Fatty acids, monounsaturated, total (g)	0.61
Fatty acids, polyunsaturated, total(g)	0.05
Cholesterol (mg)	-