



Food ID: F066

Food name and Description: Carabeef round steak

Scientific name: *Bubalus bubalis*

Alternate/Common name(s): Kalabaw pierna corta at pierna larga

Edible portion: 83%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	75.8
Energy, calculated (kcal)	100
Protein (g)	21.4
Total Fat (g)	1.6
Carbohydrate, total (g)	0
Ash, total (g)	1.2

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)	77
Phosphorus, P (mg)	188
Iron, Fe (mg)	3.1
Sodium, Na (mg)	48

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	35
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	35
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	5.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.56
Fatty acids, monounsaturated, total (g)	0.56
Fatty acids, polyunsaturated, total(g)	0.28
Cholesterol (mg)	58