



Food ID: F067

Food name and Description: Carabeef rump

Scientific name: *Bubalus bubalis*

Alternate/Common name(s): Kalabaw tapadera

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	78.8
Energy, calculated (kcal)	85
Protein (g)	19.3
Total Fat (g)	0.9
Carbohydrate, total (g)	0
Ash, total (g)	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)	8
Phosphorus, P (mg)	162
Iron, Fe (mg)	2.2
Sodium, Na (mg)	37

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	50
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	50
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	4.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.3
Fatty acids, monounsaturated, total (g)	0.3
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	-