



Food ID: F068

Food name and Description: Carabeef shank

Scientific name: *Bubalus bubalis*

Alternate/Common name(s): Kalabaw kenchi

Edible portion: 44%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	76.4
Energy, calculated (kcal)	102
Protein (g)	20.2
Total Fat (g)	2.4
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)	7
Phosphorus, P (mg)	141
Iron, Fe (mg)	3
Sodium, Na (mg)	55

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	85
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	85
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	4.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.8
Fatty acids, monounsaturated, total (g)	1.1
Fatty acids, polyunsaturated, total(g)	0.09
Cholesterol (mg)	24