



Food ID: F069

Food name and Description: Carabeef spleen

Scientific name: *Bubalus bubalis*

Alternate/Common name(s): Kalabaw lapay

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	76
Energy, calculated (kcal)	98
Protein (g)	21.2
Total Fat (g)	1.5
Carbohydrate, total (g)	0
Ash, total (g)	1.3

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)	103
Iron, Fe (mg)	5.4
Sodium, Na (mg)	90

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	30
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	30
Thiamin, Vitamin B1 (mg)	0.12
Riboflavin, Vitamin B2 (mg)	0.46
Niacin (mg)	4.9
Ascorbic Acid, Vitamin C (mg)	30

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.5
Fatty acids, monounsaturated, total (g)	0.39
Fatty acids, polyunsaturated, total(g)	0.11
Cholesterol (mg)	132