

**Food ID:** F070**Food name and Description:** Carabeef stomach**Scientific name:** *Bubalus bubalis***Alternate/Common name(s):** Kalabaw sikmura**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	79.9
Energy, calculated (kcal)	81
Protein (g)	18.7
Total Fat (g)	0.7
Carbohydrate, total (g)	0
Ash, total (g)	0.7

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)	0
Phosphorus, P (mg)	55
Iron, Fe (mg)	0.4
Sodium, Na (mg)	123

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	10
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	10
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	3.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.24
Fatty acids, monounsaturated, total (g)	0.29
Fatty acids, polyunsaturated, total(g)	0.03
Cholesterol (mg)	-