



Food ID: F072

Food name and Description: Carabeef w/ fat, boiled

Scientific name: *Bubalus bubalis*

Alternate/Common name(s): Kalabaw laman, may taba, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	67.9
Energy, calculated (kcal)	147
Protein (g)	26.9
Total Fat (g)	4.4
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)	0
Phosphorus, P (mg)	196
Iron, Fe (mg)	3.4
Sodium, Na (mg)	48

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	195
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	195
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.17
Niacin (mg)	2.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

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