



**Food ID:** F076

**Food name and Description:** Chevon breast

**Scientific name:** *Capra hircus*

**Alternate/Common name(s):** Kambing dibdib

**Edible portion:** -%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	80.1
Energy, calculated (kcal)	82
Protein (g)	17.7
Total Fat (g)	1.2
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)	10
Phosphorus, P (mg)	149
Iron, Fe (mg)	1.2
Sodium, Na (mg)	39

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	26
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	26
Thiamin, Vitamin B1 (mg)	0.16
Riboflavin, Vitamin B2 (mg)	0.51
Niacin (mg)	3.4
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.57
Fatty acids, monounsaturated, total (g)	0.46
Fatty acids, polyunsaturated, total(g)	0.06
Cholesterol (mg)	-