



**Food ID:** F078

**Food name and Description:** Chevon heart

**Scientific name:** *Capra hircus*

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

**Edible portion:** 100%

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

Water (g)	75.2
Energy, calculated (kcal)	125
Protein (g)	17.1
Total Fat (g)	5.9
Carbohydrate, total (g)	0.8
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)	8
Phosphorus, P (mg)	154
Iron, Fe (mg)	2.3
Sodium, Na (mg)	147

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.61
Riboflavin, Vitamin B2 (mg)	3.82
Niacin (mg)	5.4
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	2.2
Fatty acids, monounsaturated, total (g)	1.81
Fatty acids, polyunsaturated, total(g)	0.55
Cholesterol (mg)	148