



Food ID: F080

Food name and Description: Chevon kidney

Scientific name: *Capra hircus*

Alternate/Common name(s): Kambing bato

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	79
Energy, calculated (kcal)	97
Protein (g)	15.9
Total Fat (g)	3.5
Carbohydrate, total (g)	0.4
Ash, total (g)	1.2

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)	15
Phosphorus, P (mg)	189
Iron, Fe (mg)	1.9
Sodium, Na (mg)	158

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	113
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	113
Thiamin, Vitamin B1 (mg)	0.65
Riboflavin, Vitamin B2 (mg)	5.7
Niacin (mg)	4.8
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)	-