



Food ID: F081

Food name and Description: Chevon leg

Scientific name: *Capra hircus*

Alternate/Common name(s): Kambing hita at binti

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	81.6
Energy, calculated (kcal)	72
Protein (g)	17
Total Fat (g)	0.4
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)	10
Phosphorus, P (mg)	159
Iron, Fe (mg)	1.7
Sodium, Na (mg)	44

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	9
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	9
Thiamin, Vitamin B1 (mg)	0.11
Riboflavin, Vitamin B2 (mg)	0.56
Niacin (mg)	3.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.19
Fatty acids, monounsaturated, total (g)	0.15
Fatty acids, polyunsaturated, total(g)	0.02
Cholesterol (mg)	-