

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: F082 Food name and Description: Chevon liver Scientific name: *Capra hircus* Alternate/Common name(s): Kambing atay Edible portion: 100%

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

Water (g)	70.6
Energy, calculated (kcal)	129
Protein (g)	22.1
Total Fat (g)	3.4
Carbohydrate, total (g)	2.6
Ash, total (g)	1.3

#### 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)	17
Phosphorus, P (mg)	172
Iron, Fe (mg)	1
Sodium, Na (mg)	72

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

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.51
Riboflavin, Vitamin B2 (mg)	2.79
Niacin (mg)	10.6
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)	-

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 9:50:15