



Food ID: F083

Food name and Description: Chevon loin

Scientific name: *Capra hircus*

Alternate/Common name(s): Kambing lomo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	76
Energy, calculated (kcal)	95
Protein (g)	22.3
Total Fat (g)	0.6
Carbohydrate, total (g)	0
Ash, total (g)	1.1

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)	6
Phosphorus, P (mg)	150
Iron, Fe (mg)	0.4
Sodium, Na (mg)	47

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	13
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	13
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.48
Niacin (mg)	5.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.29
Fatty acids, monounsaturated, total (g)	0.23
Fatty acids, polyunsaturated, total(g)	0.03
Cholesterol (mg)	-