

**Food ID:** F086**Food name and Description:** Chevon rib**Scientific name:** *Capra hircus***Alternate/Common name(s):** Kambing tadyang**Edible portion:** -%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	77.9
Energy, calculated (kcal)	90
Protein (g)	19.9
Total Fat (g)	1.2
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)	7
Phosphorus, P (mg)	154
Iron, Fe (mg)	1.4
Sodium, Na (mg)	54

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	26
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	26
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.46
Niacin (mg)	3.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.57
Fatty acids, monounsaturated, total (g)	0.46
Fatty acids, polyunsaturated, total(g)	0.06
Cholesterol (mg)	-