



Food ID: F087

Food name and Description: Chevon shank

Scientific name: *Capra hircus*

Alternate/Common name(s): Kambing biyas

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	78
Energy, calculated (kcal)	89
Protein (g)	19.8
Total Fat (g)	1.1
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)	7
Phosphorus, P (mg)	164
Iron, Fe (mg)	1.8
Sodium, Na (mg)	53

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	24
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	24
Thiamin, Vitamin B1 (mg)	0.11
Riboflavin, Vitamin B2 (mg)	0.57
Niacin (mg)	3.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.52
Fatty acids, monounsaturated, total (g)	0.42
Fatty acids, polyunsaturated, total(g)	0.05
Cholesterol (mg)	-