

**Food ID:** F088**Food name and Description:** Chevon shoulder**Scientific name:** *Capra hircus***Alternate/Common name(s):** Kambing balikat**Edible portion:** -%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	79.3
Energy, calculated (kcal)	90
Protein (g)	17.4
Total Fat (g)	2.3
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)	11
Phosphorus, P (mg)	139
Iron, Fe (mg)	1.2
Sodium, Na (mg)	54

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	50
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	50
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.55
Niacin (mg)	3.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.1
Fatty acids, monounsaturated, total (g)	0.88
Fatty acids, polyunsaturated, total(g)	0.11
Cholesterol (mg)	-