

**Food ID:** F131**Food name and Description:** Lamb liver**Scientific name:** *Ovis aries***Alternate/Common name(s):** Tupa atay**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	69.8
Energy, calculated (kcal)	136
Protein (g)	21.8
Total Fat (g)	4
Carbohydrate, total (g)	3.1
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)	21
Phosphorus, P (mg)	270
Iron, Fe (mg)	4.5
Sodium, Na (mg)	74

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	5889
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	5889
Thiamin, Vitamin B1 (mg)	0.39
Riboflavin, Vitamin B2 (mg)	9.11
Niacin (mg)	16.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.55
Fatty acids, monounsaturated, total (g)	0.84
Fatty acids, polyunsaturated, total(g)	0.6
Cholesterol (mg)	296